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EVEN THE KIDS MIGHT LIKE IT
GET THE BEST OUT OF BROCCOLI {page 40}

SUCCESS AND THE CITY
HOW TO EXCEL AT A JOB FAIR {page 44}

TORONTO metro®
Tuesday, September 14, 2010
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▶ Ryan Reynolds

JASON MERRITT/GETTY IMAGES

Happy to be back above ground

Canadian actor Ryan Reynolds was in town yesterday, promoting his new film Buried, at a press conference at the Hyatt Regency. Reynolds says that making the film left him physically and emotionally battered. See pages 19 to 25 for today's TIFF coverage, including the full story on Buried on page 23.

'Warning bell' for education

More than 40 per cent of profs feel post-secondary standards slipping: Survey ◐ But universities minister says grant money, and education quality, are going up

Just in time for the new school year comes an informal sampling of Ontario faculty opinions that suggests professors will be giving students fewer essays to write, and spending less time helping those who need it.

An analysis of a survey of faculty and librarians also cites larger classes and the cancellation of programs for their perception that the quality of post-secondary education, particularly at the undergraduate level, is falling.

Among the findings being released today, 55 per cent of respondents reported class sizes had increased over the past year. Ontario already had the highest student-faculty ratio in the country, with an average of 26 students for each lecturer or professor.

"The perception and the reality of classroom size is an acute problem in Ontario universities," the analysis concludes.

Larger class sizes and a tendency to replace retiring or full-time faculty with part-time or contract help is also impacting how professors and students interact, the survey indicates.

Prof. Mark Langer, president of the Ontario Confederation of University Faculty Associations, called the result of the informal poll a "clear warning bell" of the "downward spiral" in education quality.

"Decision makers seem to be treating universities as factories that are stamping out widgets," he said. THE CANADIAN PRESS

Survey findings

- **Less assistance** Almost 40 per cent of those professors asked said they had less time to help students outside the classroom.
- **Simpler questions** About one-third said they relied more heavily on multiple-choice rather than essay-style exams to help cope with larger classes and keep costs down.
- **Cancellations** Half of the 1,400 respondents reported the cancellation of classes or programs to meet budget constraints.

Metro Wellness

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◐ Vanquish those man boobs ◐ Can junk food fit into a healthy diet? ◐ Surfing your way to fitness, and more
{pages 31-35}

Toronto tunnel?

Rossi touts bold plan for downtown core {page 3}

BFFs over cash

Jessica Napier on the perils of 'frenvy' {page 18}

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Institute. Risk management

▶ Mayor David Miller listens yesterday as Finance Minister Jim Flaherty announces the creation of a financial regulations institution in Toronto.

PAWEL DWULIT/THE CANADIAN PRESS

Toronto plays host to global think-tank on risk management

Canada has established a global risk-management think-tank in Toronto in the hopes it will solidify a reputation for having one of the world's best and safest banking systems earned during the global financial meltdown. The Global Risk Institute in Financial Services will collaborate with academics, risk experts, policy-makers and regulators to improve research on global risk management practices. "We should be proud of the fact that Canada's brand in finance, monetary and fiscal policy has never been stronger," Finance Minister Jim Flaherty told a news conference announcing the initiative.

Rossi revives '70s buried Allen plan

Coun. Adam Vaughan calls tunnel strangest, most absurd idea ◐ Rossi calls scheme 'the boldest move of the mayor campaign' ◐ One downtown councillor brands it an 'insane idea'

Rocco Rossi says as mayor he would build a traffic tunnel from the south end of the Allen Expressway, at Eglinton Avenue West, right into the downtown core.

Rossi vowed yesterday that, if elected Oct. 25, he will have construction on the "Toronto tunnel" started by the end of his four-year term.

Rossi said the megaproject would jump-start Toronto's economic growth, reduce gridlock and encourage businesses to return to the downtown core.

His audacious plan — to be financed, he said, through a public-private partnership — essentially finishes, underground, a project that was cancelled in the 1970s.

Plans to continue the Allen above-ground as the Spadina Expressway all the way to Spadina and Harbord Street sparked a huge battle in the late 1960s, culminating with the cancellation of the project by then-premier Bill Davis in June 1971.

"Under my plan, we will tunnel the Eglinton subway crosstown and we will tunnel the Allen expressway downtown." ROCCO ROSSI, IN A RELEASE

Rossi's plan assumes that burying the expressway's new incarnation would largely negate the old complaints that a new thoroughfare would destroy homes and neighbourhoods and cause pollution and noise.

The tunnel would have to be built under the existing subway tunnel, while entry and exit points would require building traffic cloverleafs and therefore the demolition of parts of downtown, said Coun. Adam Vaughan (Ward 20, Trinity-Spadina).

"You would have to bomb the downtown core and find another $30 billion or $40 billion to build it," said Vaughan, whose late father, Colin Vaughan, successfully campaigned against the Spadina Expressway.

TORSTAR NEWS SERVICE

Lone man robbed 10 banks, cops say

York Regional Police say a single suspect is believed to be responsible for at least 10 bank robberies in the Greater Toronto Area.

The lone suspect held up a bank in Richmond Hill Saturday morning.

Police say the suspect approached a bank teller, jumped the counter, indicated he had a weapon and made a demand for cash.

Although no weapon was seen, the victim complied and the man fled the area on foot with a quantity of cash. Police say there were no injuries.

THE CANADIAN PRESS

Gas leak shuts part of Bay St.

Bay Street between Gerrard and College streets reopened to pedestrians and traffic at around 3:15 p.m. yesterday after police looked into a gas leak at a construction site. The gas leak was controlled, police said. TORSTAR NEWS SERVICE

Hitler comment shocks candidate

Shocked Whitby mayoral candidate Rocky Varcoe is demanding an apology for a rival's reference to Adolf Hitler in a YouTube video.

In the nine-minute clip, Marcel Brunelle, a former mayor who is taking another run at the job, discusses the qualifications for a good mayor and the need to work together with council.

"You can't be an Adolf Hitler," he tells Garth Riley, a TV show host.

But while Brunelle admits the reference was "probably a poor choice," he is not apologizing.

TORSTAR NEWS SERVICE

1 news

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'Superbug' sickens more patients, experts warn of wider spread.

Opposition has 'secret agenda,' McGuinty says

- Liberals go on offensive as legislature reopens
- Finance minister says it's not a new party strategy

Tempers flared and partisan bickering drowned out debate as the Ontario legislature returned from its summer break yesterday, with a feisty Premier Dalton McGuinty accusing the opposition of having a hidden agenda.

The Conservatives and NDP went on the attack during the first question period of the session, accusing the Liberals of making life unaffordable with energy polices that drive up hydro bills and an HST that added eight per cent to gasoline and home heating bills.

McGuinty, who usually shrugs off such criticism, reminded voters that the previous Conservative government of Mike Harris closed hospitals and fired nurses — and that current Tory Leader Tim Hudak was in the Harris cabinet.

"So when this gentleman gets up and talks about health care, Ontario families better ask themselves what's their secret agenda when it comes to health care," McGuinty said in the legislature.

"What's going to happen to their hospitals, their nurses and their doctors?"

Recent polls suggest more voters actually think it's McGuinty who has a hidden agenda, rather than Hudak, which could be one of the reasons behind the premier's blunt attack on the Tory leader.

Outside the legislature, McGuinty said he wants voters to see the clear difference between his Liberals and Hudak's Tories.

"They see the Ontario family as being exclusively concerned with income, revenues and expenses, and those are real issues for Ontario families," said McGuinty.

"(But) we're also concerned about the quality of education and health care. We will not take our eye off the other concerns families have."

Outside the legislature, the opposition leaders said they weren't surprised to see McGuinty being so defensive.

"If anybody is trying to hide things from the public, it's Dalton McGuinty, when he brought forward that change in the laws around the G20 summit, tried to sneak in that ecotax grab behind the HST," said Hudak.

THE CANADIAN PRESS

NDP targeted

▶ Andrea Horwath

- Premier Dalton McGuinty lashed out at the New Democrats after the third party leader accused him of driving up the cost of living for Ontario families and ignoring their concerns.
- Speaker Steve Peters had to force McGuinty to retract his words when the premier suggested NDP Leader Andrea Horwath was not being completely truthful in her attacks on Liberal policies.

Think Pink. Kickoff

▶ A woman shoots hoops at the Think Pink kickoff event yesterday in Commerce Court. The Breast Cancer CIBC Run for a Cure takes place Oct. 3. The Canadian Breast Cancer Foundation CIBC Run for the Cure is Canada's largest single day, volunteer-led fundraising event dedicated to raising funds for breast cancer research, and education and awareness programs. Visit runforthecure.com

JOHN R. KENNEDY/FOR METRO TORONTO

Premiers make MS pledge

Trials

- Last month, the Canadian Institutes of Health Research, following a meeting with the Multiple Sclerosis Society of Canada and experts, said it would be premature to support pan-Canadian clinical trials of the Zamboni treatment.
- It recommended the federal government set up a scientific working group to monitor ongoing studies.

Canada's provincial health ministers pledged yesterday to work together to explore ways to speed up the study of a controversial treatment for multiple sclerosis.

The agreement came as the ministers gathered in St. John's for two days of meetings on everything from sodium reduction to a national pharmacare program.

The treatment is based on a theory that narrowed neck veins cause blood-borne iron deposits to build up and damage brain cells, and that unblocking the veins will help MS sufferers. The theory was first put forward by Italian doctor Paolo Zamboni.

Maureen MacDonald, Nova Scotia's health minister, said the ministers' agreement to create a working group doesn't preclude provinces from initiating their own research projects.

She said the Multiple Sclerosis Society of Canada is already sponsoring projects in British Columbia, Ontario, Saskatchewan and Alberta. THE CANADIAN PRESS

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CRIME

Police question two in shooting

Toronto police say they have brought in two people for questioning after a fatal shooting in the northwestern corner of the city.

Police say officers went to the Jane Street and Driftwood Avenue area late Sunday night after gunshots were heard.

A man found with obvious gunshot wounds was pronounced dead at the scene.

He has been identified as Jerome Leigh Ellington, 25, of Toronto.

In a separate incident Sunday, a man was taken to hospital with life-threatening injuries after being shot once in the head and twice in the stomach at Parkdale Collegiate in the city's west end.

Meanwhile, police have identified the victim of an east-end shooting on Friday as Jahmeel Spence, 27, of Toronto.

THE CANADIAN PRESS

Candidates short on details: Trade board

TONY BOCK/TORSTAR NEWS SERVICE

▶ Toronto Board of Trade president Carol Wilding says the Metrolinx plan is worth of support. "Let's get on with building it, that's what we really need to do. There's a plan that's out there ... Now let's say how we're going to fund it."

Mayoral hopefuls also need to spell out how they would eliminate chronic shortfalls: Ex-budget chief

The Toronto Board of Trade, used to getting a frosty reception from Mayor David Miller's administration, isn't finding much to like in the right-leaning slate of candidates to replace him.

In releasing its suggestions for the civic election platform, the head of the blue-chip business group says none of the five main candidates has released a comprehensive plan on major issues.

The board has identified a dozen top issues, including promoting regional economic development and funding regional transit, but says the candidates aren't outlining detailed visions.

"We want candidates to tell voters what they will do, how they will do it and when they will do it," said president Carol Wilding.

The board won't say which candidate it thinks would make the best mayor.

"The board does not and will not endorse candidates," Wilding said. "We have worked with and will work with whoever moves in. But it is our responsibility to ... float some of the tough issues, and that's really what we're doing."

"With only six weeks to go, the lack of comprehensive plans is a concern to the board and its 10,000 members."
CAROL WILDING, TORONTO BOARD OF TRADE

While the candidates have been campaigning for months, gaps remain in their platforms as voting day, Oct. 25, grows closer.

For example, the board backs the $50-billion regional plan, drafted by Metrolinx, to reduce traffic congestion that costs the economy billions of dollars due to travel delays.

"Nobody's yet put forward a comprehensive plan to talk about, in a regional context, how we're going to support Metrolinx and, importantly, how are we going to find $50 billion," Wilding said.

Federal and provincial governments have committed only about 20 per cent of the plan's cost. Road tolls have been floated as a way to pay for some of it, but none of the candidates is talking about funding models, she noted.

TORSTAR NEWS SERVICE

Few migrant names on stolen computer

300 The Canadian Tamil Congress has compiled a list of more than 300 of the claimants who arrived on the MV Sun Sea in August.

Following the weekend break-in at the Scarborough headquarters of a Tamil organization, concerns have somewhat diminished about the stolen identities of refugees.

It was originally feared that hundreds of names of the 492 Tamils taken off the MV Sun Sea last month and currently in British Columbia facilities awaiting a decision on their future were on a stolen computer.

The Canadian Tamil Congress said no more than a couple of dozen names were on it.

"But it doesn't matter if there was one name or more than 300," said David Poopalapillai, national spokesperson for the CTC. "Even if one name was taken, intimidation can happen. It was either a hate crime or the Sri Lankan government. It's an attempt at intimidation."

Poopalapillai alleges the Sri Lankan government may be trying to get the names of the Tamil migrants because they could be witnesses to atrocities carried out by the government during the 30-year civil war that ravaged the country.

"It is ridiculous to even come up with such a suggestion," said Chitranganee Wagiswara, Sri Lanka's high commissioner in Ottawa, responding to the allegation by the CTC.

TORSTAR NEWS SERVICE

Students jammed in car rack up fines

$24 Police say a couple cabs would only have cost the group $24.

A group of students in Guelph ran up nearly $1,700 in fines after eight people were packed into a Ford Focus, including one in the trunk, trying to save cab fare.

Police say the total in fines for not wearing seatbelts, drinking underage and stunt driving hit $1,690.

THE CANADIAN PRESS

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News in brief

Alex Hundert

Alleged G20 leaders on bail

PROTESTS. A judge has decided two alleged ringleaders of G20 protest violence will remain free on bail. Alex Hundert and Leah Henderson were released July 19 on $100,000 bail each. Shortly after their release, the Crown filed an appeal to review the terms of bail.

Justice Todd Ducharme said yesterday he agrees the justice of the peace made several errors in his written decision. But, he said he was dismissing the Crown's applications and Hundert and Henderson will stay free on bail. **THE CANADIAN PRESS**

Catholic school opponents hold rally

EDUCATION. About 60 opponents of public funding for Catholic schools in Ontario held a rally in Toronto yesterday to call on the province to merge the Catholic and public systems. They say the fact that Catholicism is the only religion to have fully government-funded schools is discriminatory to people of other faiths, and believe religion courses should only be taught as electives at public schools. **THE CANADIAN PRESS**

Man charged in stabbing

PICKERING. A 21-year-old Louisiana man is facing charges after a stabbing in Pickering. Police say several men had been involved in a verbal altercation which turned physical. Investigators found a 24-year-old man suffering from multiple stab wounds when they arrived. **THE CANADIAN PRESS**

Much to learn from Ont. schools: Obama's education adviser

- Duncan was in Toronto for McGuinty's two-day education summit
- Participants coming from Russia, France, Australia and Britain

U.S. President Barack Obama's education guru says the United States could learn a lot from Ontario's education system.

From specialized skills training to full-day kindergarten, Ontario is finding creative ways to get kids off to a good start and keep them from dropping out, U.S. Secretary of Education Arne Duncan said yesterday.

Duncan, who toured a Toronto high school with Premier Dalton McGuinty, said he was impressed with the "level of innovation" used by educators to keep kids engaged in the classroom.

Early education

Duncan, who was Chicago's public school chief before joining Obama's cabinet, said he pushed hard for early childhood education as an administrator.

He praised a program that teaches students specialized skills in computers and manufacturing, as well as the school's efforts to reduce violence by having kids work together to solve their problems.

"We're trying to dramatically improve the quality of education in the United States," Duncan said after speaking with students at Weston Collegiate Institute.

"We have a dropout rate that's too high, not enough of our high-school graduates today are actually prepared to be successful, either in college or the world of work. There are many countries that we want to learn from. But the work going on here is something that we've taken a particular interest in."

Duncan said he's a "huge fan" of McGuinty's "relentless" work in education, including his push for full-day kindergarten for four- and five-year-olds.

The program — launched in Ontario last week — is "the best investment we can make" to get young kids off to a good start, he said. **THE CANADIAN PRESS**

- "We have children entering first grade who haven't been read to, who sometimes don't know the front of a book from the back of a book," he said.
- Education at the "front end" is needed if you want to level the playing field and give each child the opportunity to reach their full potential, he added.

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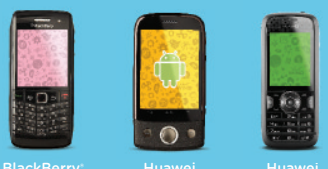
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PAWEL DWULIT/THE CANADIAN PRESS

▶ Premier Dalton McGuinty points to U.S. Secretary of Education Arne Duncan during their tour of Weston Collegiate Institute in Toronto yesterday.

Japan takes aim at green power plan

Japan is taking aim at Ontario's green energy policies.

The country plans to file a complaint against Canada, saying it shouldn't allow Ontario to treat local companies favourably in subsidizing the cost of solar and wind power generation. The Japanese Embassy in Ottawa confirmed the plan to launch the complaint with the World Trade Organization, but declined to comment further.

The Green Energy Act is supposed to help create 50,000 new jobs as Ontario moves towards more renewable forms of electricity. It also creates a "centre of excellence" where Ontario would be able to export its expertise in renewable energy projects.

THE CANADIAN PRESS

Why the fuss?

At issue is Ontario's feed-in tariff program — or FIT — which set a fixed price for electricity generated by renewable energy projects, such as wind turbines and solar panels.

- **The lucrative payments** range from 13.5 cents per kilowatt hour for wind power to 80.2 cents per kilowatt hour for small, rooftop-mounted solar projects.
- **But companies are required** to have a certain percentage of their project costs come from Ontario goods and labour.
- **For wind projects** that generate more than 10 kilowatts, the made-in-Ontario requirement starts at 25 per cent and increases to 50 per cent by 2012. The requirement for large solar panel projects start at 50 per cent and increase to 60 per cent by 2011.
- **Japan argues** those requirements favour companies using made-in-Ontario equipment over those using foreign-made equipment, violating Canada's international trade obligations.

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Vancouver one-way $185
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Miami $198
Travel Oct 13 - Oct 20/ws — + taxes & fees $120

New York $208
Travel Nov 8 - Nov 15/la — + taxes & fees $106

Los Angeles $299
Travel Nov 2 - Nov 9/dl — + taxes & fees $114

Amsterdam $399
Travel Oct 11 - Oct 20/ts — + taxes & fees $336

Rome $399
Travel Oct 2 - Oct 15/ts — + taxes & fees $315

Belize $489
Travel Nov 4 - Nov 11/aa — + taxes & fees $349

Honolulu $658
Travel Nov 16 - Nov 23/dl — + taxes & fees $127

Buenos Aires $759
Travel Nov 3 - Nov 24/ua — + taxes & fees $273

Johannesburg $859
Travel Nov 8 - Nov 22/dl — + taxes & fees $605

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INCLUDES accom near *Walt Disney World* Resort. Price is based on a family of 4. Departs Oct 15/ggv/ts. BOOK this package based on double occupancy for $215 per person plus taxes.

Las Vegas Halloween, Air + 3 Nights $395
Circus Circus — + taxes & fees $147
Departs Oct 31/swg/wg.

Boston Air + 3 Nights $419
Courtyard Boston Tremont Hotel — + taxes & fees $125
Departs Nov 15/ggv/ac.

New Orleans Halloween Air + 3 Nights $469
Holiday Inn Superdome — + taxes & fees $126
INCLUDES central accom close to the French Quarter over Halloween. Departs Oct 29/ggv/dl. ADD Ghosts & Spirits walking tour from $24.

Phoenix Air + 3 Nights 4-Star $529
Pointe Hilton Squaw Peak Resort — + taxes & fees $124
INCLUDES resort-style accom close to championship golf course. Departs Nov 17/ggv/dl.

Nashville Air + 4 Nights $599
Hyatt Place Nashville Opryland — + taxes & fees $198
INCLUDES accom close to the Grand Old Opry with breakfast. Departs Nov 15/ggv/dl.

All-inclusive Vacations

Varadero 7 Nights 3-Star $147
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Puerto Vallarta 7 Nights 4-Star $247
Royal Decameron — + taxes & fees $283
Departs Sep 23/vat/c6.

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Departs Sep 17/nol/c6.

Punta Cana 7 Nights 4-Star $277
VIK Arena Blanca — + taxes & fees $332
Departs Sep 17/vat/ts.

Holguin 7 Nights 4-Star $297
Blau Costa Verde Beach Resort — + taxes & fees $216
Departs Sep 18/nol/c6.

La Romana 7 Nights 4-Star $327
Catalonia Gran Dominicus — + taxes & fees $332
Departs Sep 17/nol/c6.

Mayan Riviera 7 Nights 4-Star $360
RIU Lupita — + taxes & fees $283
Departs Sep 19/sqv/ws.

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Vacations

Niagara Falls Family Special 1 Night + Waterpark $59◊
Great Wolf Lodge — taxes & fees included
INCLUDES family suite accom with waterpark pass. Price per person based on a family of 4. Departs Oct 22/ggv. BOOK this package based on double occupancy for $117 per person.

Paris Air + First 2 Nights $431
All Season's Bercy — + taxes & fees $363
INCLUDES central accom. Travel Oct 16 - 29/vat/ts.

Beijing Air + 7 Nights 4-Star $1149
Novotel Xinqiao Beijing — + taxes & fees $367
INCLUDES central accom with breakfast. Departs Nov 19/ggv/ua. ADD Forbidden City and Great Wall private tour for $155.

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TICO

StatsCan says debt sky-high

Household debt grew to record levels during the recession

Canadians are increasingly at risk to any deterioration in their financial status, including expected interest rate hikes, because of sky-high debt burdens, according to new domestic and international reports.

Statistics Canada said yesterday that household net worth fell for the first time in a year in the second quarter, mainly due to lower stock market prices. Household net worth declined by $34 million to $5.9 trillion from April to June, a period when the Toronto Stock Exchange index declined almost 6.2 per cent.

The report came out as a new survey from the Canadian Payroll Association found that 59 per cent of employees said they were living from paycheque to paycheque.

The survey also found that almost half of Canadians put aside only five per cent or less of their net income in savings each year.

THE CANADIAN PRESS

PAT WELLENBACH/THE ASSOCIATED PRESS

9-11. Apology

No mention of 9-11 on front, paper apologizes

A posed photograph of two copies of The Portland Press Herald shows the publisher of the Maine newspaper, Richard Connor, left, apologizing for giving page one coverage, right, to the end of Ramadan on Sept. 11, without mention of the ninth anniversary of the 2001 terrorist attacks.

News in brief

Student dies at Queen's

KINGSTON. Police in Kingston say a first-year student has died at a Queen's University residence.

Police say detectives are investigating a fatality that occurred at Victoria Hall, but have given few other details.

Calling it a "tragic incident," police say the name of the victim is not being released pending notification of family.

Yesterday was the first day of classes at Queen's following orientation week for new students.

THE CANADIAN PRESS

LSD found in gummie bears

CRANBROOK. B.C. A woman and her teenage son are facing drug charges in Cranbrook, B.C., after Mounties found some gummie bears laced with the hallucinogenic drug LSD.

Cpl. Chris Faulkner said there was no evidence that any children were given the gummie bears.

Christianne Bateman, 50, and her 18-year-old son Benjamin are facing charges of possessing and trafficking in drugs.

THE CANADIAN PRESS

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AIR TRAVEL

33 survive Venezuela plane crash

A plane carrying 51 people crashed yesterday in eastern Venezuela, and officials said 33 survived while at least 14 were killed.

The French-built ATR 42 from the state airline Conviasa slammed into a lot used by the state-run Sidor steel foundry, leaving its smashed and partly scorched fuselage among barrels and shipping containers.

At least 14 people were killed and four others were missing after the crash about 10 kilometres from the eastern city of Puerto Ordaz, Bolivar state Gov. Francisco Rangel Gomez told reporters.

Steel plant worker Oscar Crespo said he heard the thunderous noise of the impact and found the plane in flames.

"I was one of the first who got there to help," Crespo told state television.

"We brought some of the injured into an office to treat them. While I was taking people out, Sidor's firefighters arrived to help us."

The plane, a twin-engine turboprop, was carrying 47 passengers and four crew members, Rangel Gomez.

THE ASSOCIATED PRESS

Report: Tamils likely to emigrate to Canada

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Migrants are escorted from the MV Sun Sea in August after the ship was escorted into CFB Esquimalt in Colwood, B.C.

Lawyer who obtained report says Tories should have heeded warning

A report prepared in January by the federal Immigration Department warned of a "perfect storm" of circumstances that could prompt more Tamil migrants to board ships bound for Canada.

The report notes the end of the civil war last year saw more than 100,000 Tamils released from refugee camps in Sri Lanka, where economic and social issues stemming from the conflict persist. It also says Canada has a large, relatively wealthy Tamil population. THE CANADIAN PRESS

"As Canada has over 250,000 former Sri Lankan nationals living in the country, Canada will be a target destination."
IMMIGRATION DEPARTMENT REPORT

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Berlusconi says women should be gold diggers

Italian premier provides colourful answer to female cabinet minister's question Admits he is 'no saint'

GREGORIO BORGIA/THE ASSOCIATED PRESS

▶ Italian Premier Silvio Berlusconi has a picture taken with a supporter at the end of his address at the People of Freedom party meeting in Rome.

Italian Premier Silvio Berlusconi says young women should follow the money when looking for a partner, noting women seem to like him and "I'm loaded."

Berlusconi, who was embroiled in a sex scandal last year and is known for his gaffes, also raised eyebrows with a joke about Hitler's followers urging him to return to power.

The billionaire businessman appeared Sunday at a convention of the youth wing of his People of Freedom party. When questioned by one of his cabinet ministers — a woman — he joked about marriages of convenience, saying women were lining up for him because "I'm a nice guy" and "I'm loaded."

He also recalled a much-criticized TV interview he once gave, when "I said to a girl to look for a wealthy boyfriend. This suggestion is not unrealistic."

He also claimed women favour older men, thinking that "he's old. He dies and I inherit."

The 73-year-old Berlusconi was engulfed in a sex scandal last year centring on his purported dalliances with young women, including an escort. Berlusconi's wife, Veronica Lario, said last year she was seeking a divorce. They are now separated.

The media baron has said he is "no saint" but denied ever paying for sex.

In Italy, a divorce can only be sought after three years of separation. Media reports this summer suggested Berlusconi's wife has rejected his early proposals for a financial settlement.

Berlusconi often gets criticized for his earthy sense of humour, and this time an opposition political demanded he apologize to Italy's Jewish community for his Hitler joke.

Before telling it, he said, "I already know I am going to be criticized."

Berlusconi, who claims prosecutors have led corruption investigations against him because they are left wing, also appeared to be poking fun at himself when commenting on the loss of his AC Milan soccer team Saturday. He contended the referee robbed the team of three goals and that Milan often gets "leftist referees."

THE ASSOCIATED PRESS

Conference. Energetic ideas

▶ Delegates check out a race simulator at the Renault booth at the World Energy Congress in Montreal.

RYAN REMIORZ/THE CANADIAN PRESS

A sneak peek at tomorrow's toys

Imam calls for end to mosque conflict

Can a neighbourhood that's home to a betting parlour and a strip club be considered too sacred to accommodate an Islamic community centre? Scan for story.

Canada being used?

The RCMP say criminal groups exploit Canada's visa policies to get foreign workers into the illegal sex business — a worrisome element of the global people-trafficking trade.

A new report by the Mounties says the groups have taken advantage of the fact that people from Israel, Estonia, Latvia and South Korea don't need certain travel documents to enter Canada.

The criminal intelligence report released yesterday provides a glimpse into a shadowy and often little-understood world where the vulnerable effectively become slaves to those who use them for profit.

"Human trafficking is a crime that thrives in stigmatized facets of the work force, like the sex trade and illegal labour, and hides in the privacy of homes and businesses," the report says.

It differentiates the crime from human smuggling, the act of transporting someone across a border for profit — a transaction that ends upon a person's arrival.

THE CANADIAN PRESS

Southern Canada losing water: Report

Agency says more than 90 per cent of freshwater went to support economic activity

You could fill more than one million Olympic-sized swimming pools every year with all the renewable water that dries up across Southern Canada, a new report says.

A Statistics Canada study released yesterday says water yield has fallen by an average of 3.5 cubic kilometres a year over the last three decades.

The agency equates the annual loss to 1.4 million Olympic-sized swimming pools. Put another way, that's almost as much water as Canadians drank and used in toilets, showers and to water their lawns during the entire year of 2005. This represents an overall loss of 8.5 per cent of the water yield in the southern part of the country between 1971 and 2004.

"It's always hard to grasp these volumes of water," said Heather Dewar, managing editor of the agency's study.

THE CANADIAN PRESS

No answers

The study doesn't offer any explanations for why Canada's renewable water is drying up. Dewar says the work will help the government determine if and to what degree.

China. Released

▶ Lii Guojin, left, smiles yesterday after receiving a bouquet of flowers as he and other Chinese fishermen who were detained by Japanese authorities near Ishigaki Island in Japan's Okinawa Prefecture arrive by a chartered plane at an airport in Fuzhou, China.

ZHANG GUOJUN/THE ASSOCIATED PRESS

Japanese free Chinese fishers

Japan freed 14 crew members of a Chinese fishing ship yesterday nearly a week after their vessel and two Japanese patrol boats collided near disputed southern islets. But China lashed out at Tokyo's decision to keep the captain.

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RAHMAT GUL/THE ASSOCIATED PRESS

▶ In this 2007 file photo, an Afghan boy collects resin from poppies in an opium field east of Kabul. The Canadian military is casting doubt on British media reports that a heroin smuggling ring is being run out of Kandahar with the help of Canadian troops.

Military: British smuggling story is 'unfounded'

- Newspaper report said Canadian and U.K. troops were being investigated for smuggling Afghan heroin
- Colonel says Canada will not investigate on their own

The Canadian Forces says reports British military police are investigating allegations that soldiers are smuggling heroin out of Kandahar are totally "unfounded."

Col. Tim Grubb, Canadian Forces Provost Marshal, issued a statement yesterday shooting down claims in the British media that troops from Britain and Canada were involved in the scheme.

Over the weekend, a British newspaper — The Sunday Times — and the BBC reported that Britain's Ministry of Defence was investigating claims that troops from both countries used military aircraft to smuggle drugs out of southern Afghanistan.

Grubb says not only is the British military not looking into the matter, it has not received any complaints.

"The Canadian Forces Military Police have confirmed with Britain's Royal Military Police that no such investigation is underway and that no such allegations have been made against either British or Canadian personnel," said Grubb.

The report cited anonymous sources and claimed security had been tightened at both Kandahar Airfield and Camp Bastion, the main British base in neighbouring Helmand province.

The notion that returning troops could be involved in the shipment of illegal narcotics first surfaced in 2007 with allegations that both marijuana and opium were being carted back to Canada. At the time, soldiers were based along the Afghan-Pakistan border, right in the heart of smuggling territory.

Base security at Kandahar Airfield is known to conduct spot checks on departing troops and searches of shipping containers leaving the base.

THE CANADIAN PRESS

Airstrikes

▶ A series of NATO airstrikes killed 14 insurgents in central Afghanistan after a joint patrol with Afghan soldiers came under fire, the Western military alliance said yesterday.

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15 killed during Kashmir violence

Anti-U.S. sentiment inflames crowd as Iranian TV repeatedly shows Qur'an burning ◗ Station removed from Kashmiri airwaves at insistence of officials

Indian forces fought Kashmiri demonstrators in street battles yesterday that killed 15 people — including one police officer — in the deadliest day in a summer of violence challenging Indian rule in the disputed territory.

Reports of a Qur'an desecration in the United States intensified the anger, with activists chanting "Down with America" and burning an effigy of U.S. President Barack Obama in a rare anti-U.S. protest in India.

In the past three summers, the mainly Muslim protesters have taken to the streets to throw stones and demand that the Himalayan region be given independence from Hindu-dominated India or be allowed to merge with predominantly Muslim Pakistan.

Despite a rigid curfew after a weekend of violence, tens of thousands of protesters took to the streets yesterday, throwing rocks, torching government buildings and a Christian school, and chanting, "Go India, go back. We want freedom."

THE ASSOCIATED PRESS

Fanning flames

- Although a Florida pastor called off his plans to burn the Muslim holy book on the ninth anniversary of the Sept. 11 attacks, Iranian channel Press TV showed footage of a different man destroying a Qur'an in Tennessee. Most broadcasters around the world did not prominently report on scattered desecration incidents by a handful of fringe anti-Muslim activists in the United States; the Iranian broadcaster carried the footage repeatedly.

Cuba to lay off 500,000 government employees

Cuba announced yesterday it will cast off at least half a million state workers by early next year and reduce restrictions on private enterprise to help them find new jobs — the most dramatic step yet in President Raul Castro's push to radically remake employment on the communist-run island.

Cuba's official work force is 5.1 million — meaning nearly 10 per cent of all employees could soon be out of a government job.

Workers caught off guard by the announcement said they worried whether the tiny private sector could support so many new jobs, a sentiment echoed by some analysts. The layoffs will start immediately and continue through April 2011, according to a statement from the Cuban Workers Confederation.

THE ASSOCIATED PRESS

Germany. Oktoberfest

▶ Workers clean a festival tent for Oktoberfest yesterday in Munich.

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

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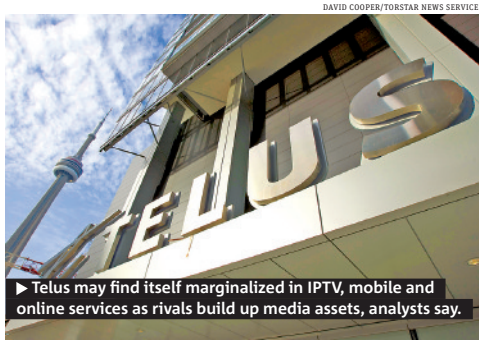
Telus may feel chill of media 'cold war'

CRTC decision in 2008 lifted must-carry curbs on news, sports channels ◗ Online content unregulated

DAVID COOPER/TORSTAR NEWS SERVICE



▶ Telus may find itself marginalized in IPTV, mobile and online services as rivals build up media assets, analysts say.

Telecom giant Telus will find itself marginalized if it fails to meet the "content gap" of its major competitors who are currently involved in a "cold-war" style buildup of media assets, according to industry analysts.

With its competitors like BCE, Quebecor and Shaw now all owning content — such as traditional TV to put online and make available on mobile devices — Telus is going to need a bargaining chip of its own, says RBC Capital Markets analyst Jonathan Allen.

The parent of Bell Canada has just bought CTV and Shaw Communications has acquired Canwest Global's TV assets.

"With a cold-war style buildup of media assets happening among the Canadian distributors, independent carriers like Telus may find themselves increasingly marginalized in IPTV (Internet Protocol TV), mobile and online," Allen wrote in a note.

Astral Media, which owns pay TV and specialty TV channels, may become a target for Telus and Rogers.

"Astral is now the last sizable independent media company in Canada and both Rogers and Telus should be interested in bulking up their own media assets in our view," Allen said.

THE CANADIAN PRESS

Bell's move

Bell has launched its next-generation Internet-based television services in parts of Toronto and Montreal, furthering competition against rival cable TV providers.

- **IPTV service.** The all-digital IPTV service delivered over fibre optic lines will be available to five million homes by the end of 2015 and will complement Bell's existing satellite TV service, the Montreal-based telecom company said yesterday.
- **Fibe TV.** Bell says its Internet-based TV service, called Fibe TV, will offer content on demand — a feature cable companies have been able to deliver for years over their land lines, giving them an advantage over satellite services.

News in brief

Magna co-CEO Russia-bound

MOVING. Magna International Inc. co-chief executive Siegfried Wolf is leaving the Canadian auto parts maker in November to join Basic Element, the parent of OJSC Russian Machines and its automaking unit Gaz. Wolf has been a key link between Magna and Russian Machines and Gaz.

THE CANADIAN PRESS

Alta., Quebec united in fight

REGULATOR. Alberta and Quebec are seeking allies in their fight against a new national securities regulator, urging their provincial counterparts to think long and hard before agreeing to the controversial plan.

THE CANADIAN PRESS

Top guns see glass half full

U.S. ECONOMY. Two of the biggest names in business say they see a bright future for the economy.

Warren Buffett says there will be no double-dip recession, with banks lending again and businesses hiring. Microsoft Corp. CEO Steve Ballmer says there soon will be more technological advancement than seen during the Internet era.

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Wi-Fi on steroids coming

Signals travel several kilometres at speeds as fast as a cable modem

A new flavour of Wi-Fi, with longer range and wall-piercing power, could show up in wireless gadgets a year from now if the U.S. Federal Communications Commission works out the last details of new spectrum rules.

Nearly two years ago, the FCC voted to open up the airwaves between broadcast TV channels — so-called "white spaces" — for wireless broadband connections. But wrangling over key technical details, including concerns about interference with TV signals and wireless microphones, has prevented exploitation of these spaces.

On Sept. 23, the FCC plans to vote on rules meant to resolve those issues. The current FCC plan would require installers to configure white-spaces devices to use a frequency that's vacant in their area — a white space.

The agency also hopes to set aside at least two channels for minor users of wireless microphones. And it plans to put big wireless microphone users in a database so devices would know to avoid their airwaves.

THE ASSOCIATED PRESS

"We've all been chomping at the bit in the tech community ... to get going with white spaces."
RICHARD WHITT, GOOGLE'S COUNSEL

Super Wi-Fi

- **THE TECHNOLOGY:** With longer range than traditional Wi-Fi as well as wall-piercing power, it would use "white spaces," the airwaves between broadcast TV channels.
- **THE CONCERNS:** Broadcasters and those using wireless microphones, such as theatres and karaoke bars, are worried about interference.

China. Trade

▶ Chinese Premier Wen Jiabao speaks at the opening of the World Economic Forum yesterday in Tianjin, China.

NG HAN GUAN/THE ASSOCIATED PRESS

China defends huge surplus

Chinese premier Wen Jiabao told 1,500 business leaders at the three-day World Economic Forum meeting in China that the country's huge trade surplus is not intentional. But he offered no measures to defuse U.S. pressure over currency controls.

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BEST FRIENDS FOREVER ... AT WHAT COST?

She says ...

JESSICA NAPIER

They say good friends can enrich your life, but what happens when hanging out with your rich buddies leaves you feeling broke?

In my 25 years I like to think I have acquired a fun, diverse group of friends. But while we are all smart, hard-working people, we are compensated very differently. Some are high-priced lawyers, bankers and people of the corporate persuasion. And then there are those of us who are slugging it out in the service industry, fulfilling unpaid internships or freelancing for pocket change.

So what is the price of being good friends with people who earn significantly more than you?

Surrounding yourself with financially successful individuals can be both motivating and inspiring. However, trying to fit in with friends who earn supersized salaries can also leave you feeling jealous and insecure. In other words, you're "frenvious."

It's hard not to live beyond your means when trying to keep up with your suit-clad social circle. Whether you're splurging on a lavish night out or expensive wedding presents, there's plenty of room for financial tension when budgeting for your friends' expensive tastes.

Sometimes, well-meaning friends can be insensitive to the diverse income brackets that exist within the group. Hosting your birthday party at a pretentious resto with heart-attack inducing prices is one thing. But ordering a pricey bottle of Merlot plus a charcuterie platter for the table and expecting everyone to split the bill is ridiculous. Especially when your slightly more impoverished friend only ordered a salad and tap water. And FYI, she told you she "wasn't that hungry" because she looked at the menu online beforehand and ate a hearty pre-dinner snack after realizing she wouldn't be able to afford an entree.

"Even among close friends, the topic of money still remains relatively taboo."

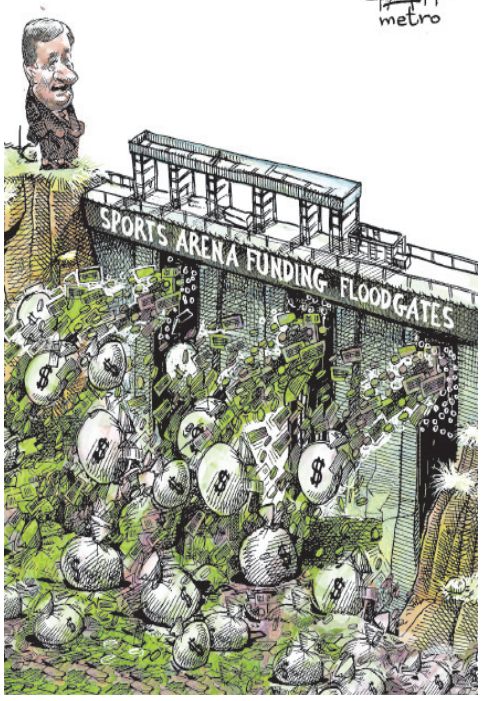
Over time, the salary gap can continue to widen. Some friends get promoted while others plunge into debt as they head back to school. Dealing with this increasingly large divide is tricky terrain. Even among close friends, the topic of money still remains relatively taboo. I always wonder why we're willing to divulge all the intimate details about our sex lives, but discussing our bank statements seem to be in poor taste.

Ultimately, it's important to remember that while good friends might be priceless, friendship doesn't have to come at the expense of your financial security.

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER



Spies in the bathroom

Worth mentioning

Swine flu may have scared people straight, or maybe they are finally listening to their mothers. Whatever the reason, Americans are washing their hands more often, suggests the latest check by researchers who spy on people using public restrooms.

Checks in four big cities last month found 85 per cent of public restroom users wash their hands, up from 77 per cent in 2007. It's the best rate since these periodic surveys began in 1996.

One thing hasn't changed: Men are still dirtier. About 23 per cent of men failed to wash versus seven per cent of women.

"Those little 20 seconds with friction, water and soap" are one of the best things people can do to keep from getting sick, said microbiologist Judy Daly of Primary Children's Medical Center in Salt Lake City.

Researchers from Harris Interactive combed their hair and pretended to put on makeup while watching more than 6,000 adults using restrooms in four U.S. cities.

Best: The Chicago science museum, where 93 per cent washed up. Worst: The two train stations in New York, where only about 80 per cent washed.

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Listen to your mother

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What three things can you not live without?

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Metro Minute at Shopsy's restaurant

Sometimes the old is new all over again. Historic Toronto restaurant Shopsy's has been serving up slabs of premium deli meats since 1921, and has established itself as a certified city landmark. Theatre goers along the King Street strip made their house-smoked meat Reuben sandwiches a bona fide pre-show ritual before their Front Street location closed last year. But from the ashes arose a Shopsy's reborn: The restaurant at 96 Richmond St. W. has melded a newly renovated, modern space with a culinary throwback to the days of old, when the Shopsy's menu focused on good old-fashioned home-cooked foods at its original Spadina digs. JORDANA DIVON

CONTRIBUTED

▶ Check out the new Shopsy's at 96 Richmond St. W.

How to dress for TIFF

Day to Night

Running from work to screening to after-party and need a practical, trendy, totally adaptable outfit that'll get you through it all? To look like a true insider, follow these tips

LIV JUDD
TORONTO MARKET EDITOR
LOULOU MAGAZINE
PHOTO CREDIT: ANNA LISA SANG

Natalie Portman's layered look can take here from day to night in style.
GETTY IMAGES

The 9 to 5

Select a simple outfit that you can easily accessorize for quick location updates.

Top choices: A sheath dress in a gemstone hue (so hot this season), a feminine skirt, tailored trousers paired with an embellished top, or a sleek pantsuit.

The screening

These typically low-key affairs allow you to focus on practicality — and layering.

Start with a light camel-coloured cashmere cardigan. (No shivering in the theatre!) Add a leather jacket overtop, in case you have to wait outside. Wrap an oversized scarf around your neck for a touch of glamour.

Slip on pointy-toed flats or low-heeled wedges, particularly if you're wearing pants. If you can't go without pumps or stilettos, choose a low heel — the lineups can be long.

And to tote your cosmetics and clothes for later events, grab an oversized slouchy hobo bag. (Don't forget to tuck your evening bag inside it!)

The after-party

When choosing accessories for the after-party, be bold. Just don't try to outshine the celebs — this is a chic cocktail party, not a competition.

Emphasize your legs, and rev up your outfit: Slide on a wicked pair of leopard-print heels (if your outfit is in a muted hue) or embellished party pumps (if you're wearing a bright colour). Add gold accessories to up the glamour factor.

Tuck your cardi and jacket into your bag and rewrap your scarf as a shawl for warmth.

Boost the beauty drama with an extra sweep of blush and either a smoky eye or bold lips (but not both).

Finally, ditch your tote and carry a clutch that features complementary metal detailing.

LOU LOU

2 scene

TIFF in brief

Oscar-winning French actress Marion Cotillard has high praise for Canadian Rachel McAdams, her co-star in Woody Allen's upcoming comedy Midnight in Paris.

"Rachel McAdams is one of my favourite actresses," Cotillard said during an interview at TIFF. "And unfortunately we didn't really work together because … we don't have any scenes together.

"I really hope I will have the opportunity and the great chance one day to work with her. I think she's amazing."

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For more TIFF coverage, scan this code or visit metronews.ca/scene

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▶ Amazon Falls explores what happens when an actress' career falls apart.

Bad decisions inspire good film

CHRIS ALEXANDER
SCENE@METRONEWS.CA

Katrin Bowen's groovy little Vancouver shot seriocomedy Amazon Falls is the kind of offbeat, oddball low budget opus that gives Canadian film a good name.

Scrappy and unpretentious, the movie charts the tragic yet darkly humorous meltdown of a faded B-movie actress named Lana (played by April Telek in a fearless turn) who's beauty is cracking, small-time star is sinking, can't find luck in love and can't get a decent role to save her skin. It's a persona that Bowen has more than a passing familiarity with.

"I used to make these low budget action films in L.A.," says Bowen of her kickboxing past.

"One of the women I knew was Lana Clarkson, who years later would end up being killed by (music producer) Phil Spector. I always wondered what chain of events led her to make that bad decision to be in that house at that time. And that's where Amazon Falls comes from."

While prepping a larger budgeted romantic comedy and waiting forever for the funding to come through, Bowen stepped back and sculpted Amazon Falls based on the parameters of a two-week shooting schedule and the tightness of that shoot gives the film and urgent pulse. This ability to turn a picture around for peanuts in very little time may have stemmed from Bowen's years as an actor working for legendary exploitation king Lloyd Kaufman's Troma Films.

"I called Lloyd up and asked for permission to use a clip from one of my films in Amazon Falls," she says.

"Lloyd was like, you should have asked me to do a cameo in it! And I can't believe I didn't even think of that, it would have been awesome."

Big Apple feeds Ryan's acting

Actress loved working with Phillip Seymour Hoffman in Jack Goes Boating ◐ Movie gives people a different view of much filmed New York

RICHARD CROUSE
SCENE@METRONEWS.CA

▶ Amy Ryan stars in Jack Goes Boating with Phillip Seymour Hoffman.

Amy Ryan, in Toronto for the Canadian premier of Jack Goes Boating at the Toronto International Film Festival, says that New York is not only home, it is an intrinsic part of her acting process.

"New York works for me," says the actor, best known for her turns on The Office and The Wire. "First of all my family is there but ever since I left theatre school every day New York is my acting teacher. I can watch and observe as I take the subway; watching (the city's) characters and imagining what their lives are like."

The city that feeds her creativity also figures heavily in Jack Goes Boating.

"I really feel like New York is a character in this film," she says. "It is giving us a look at another New York. I've never seen that stunning pool in Harlem. I had no idea that existed. Or the view of the skyline from Astoria. It really looks at the city in a whole new way. Even the Bethesda Fountain which has been filmed so many times but there it is on a dark, dreary cold winter day. The city changes with each film it is cast in. All the actors in the film are New Yorkers and we all still live there and love the city very much. I think it shows."

In the film Ryan plays Connie, a shy woman who works at a Brooklyn funeral parlour. Despite her fear of men and relationships she blossoms after becoming involved with Jack (co-star and director Phillip Seymour Hoffman).

"Jack and Connie are those anonymous New Yorkers you pass on the street and don't really question," she says. "They don't seem that sexy. I feel like she's been alone this long and she has to change her ways."

Jack Goes Boating is a romance that reveals itself slowly (there's not a montage in sight!) which Ryan hopes will resonate with audiences.

"I always hope that people are really entertained but past that I hope they have the courage to stand up for what they want or just say yes... just say yes to an odd invitation now and again."

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ERIC EMIN WOOD/FOR METRO TORONTO

▶ Rob Goddard, president of HelpingHomelessPets.com, with his dog Layla, an eight-year-old chocolate dapple miniature dachshund.

Red carpet for Rover

But the Four-Legged Lounge is about more than celeb pets

ERIC EMIN WOOD
FOR METRO TORONTO

Bianca Kapteyn wants celebrities — and their dogs — who visit Toronto for its world-class film festival to know it has world-class pet care, too.

Kapteyn runs Canine Culture, a Toronto-based dog lovers' blog, and co-founded the Four-Legged Lounge, a "doggie day care" in Yorkville for pets who visit the city with their famous owners.

"We wanted to create a sanctuary for them," she says. "No one in Toronto has done it before. We provide extraordinary service, as well as a limo if the dog needs to be picked up."

Pampered pooches are given up to an hour of private care, including nail trims.

Many celebrities have already taken advantage, although Kapteyn cannot reveal who. "Much as I would love to," she says, "we don't want the paparazzi to come and take photos of their dogs."

Despite its frothy setup, the Four-Legged Lounge is meant to illuminate a serious issue: The number of homeless pets in the GTA.

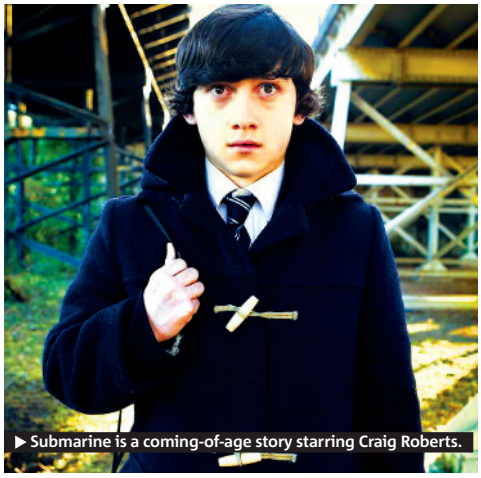
A local shelter, Helping Homeless Pets.com, provided the lounge with framed photos of dogs up for adoption, and its famous customers have been encouraged to donate.

"The goal is to make adopting rescued dogs and cats chic," says Kapteyn.

Animal house

- "We are currently adopting about 30 to 45 pets every month," says Rob Goddard, president of HelpingHomelessPets.com. "Unfortunately we have almost 500 waiting for homes."
- There are many reasons owners give up their pets. "A lot of owners surrender them when families break up, or sometimes kids develop allergies," Goddard says. "And quite often people get a pet and they don't really understand what they're getting into."

TIFF Movie reviews See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●


▶ Submarine is a coming-of-age story starring Craig Roberts.

Submarine
Genre: Comedy
Director: Richard Ayoade
Stars: Craig Roberts, Sally Hawkins, Paddy Considine
●●●½
Richard Ayoade (The British cult comedian behind Darkplace) makes a feature film directorial debut that will hopefully serve as the opening act to a long career. It's a hysterical Welsh coming-of-age story filled with acidic wit, pitch-perfect performances, and embarrassingly accurate adolescent observations. There are a few first-time filmmaker jitters like emulating his cinematic influences a little too closely, but nothing that overwhelms the obvious talent and clear comedic voice that Ayoade has been developing in TV for years. If nothing else, any director who would think to cast Paddy Considine as a mullet sporting New Age guru who drives in a van with an airbrushed self-portrait is worth keeping an eye on.
PHIL BROWN

Good Neighbours
Genre: Thriller
Director: Jacob Tierney
Stars: Jay Baruchel, Scott Speedman, Emily Hampshire
●●●½
A thriller about friendship, serial killers and lies set against the backdrop of the 1995 referendum on the separation of Quebec, Good Neighbours has a Twin Peaks feel. That is, if that show had been directed by Dario Argento. The lives of three neighbours in a Notre-Dame-de-Grace neighbourhood walk-up become entwined, leading to murder — dead cats and tenants — suspicion and double and triple crosses. The undeniable sweetness director Jacob Tierney brought to his last film The Trotsky is out the window, replaced by a delicious sense of mischief and mayhem. Also showing their dark sides are stars Jay Baruchel, Scott Speedman and Emily Hampshire.
RICHARD CROUSE

Barney's Version
Genre: Drama
Director: Richard J. Lewis
Stars: Dustin Hoffman, Paul Giamatti, Rosamund Pike
●●●½
Barney's Version, based on Mordecai Richler's final novel, gives Paul Giamatti his most memorable part since Sideways. Utterly compelling as the kind of guy who calls his ex-wife's new husband with the offer of some nude pictures, "so you can see what she looked like in her prime," he glides — or more rightly put, drunkenly stumbles — through three wives, an accusation of murder and countless cigars toward a battle with Alzheimer's Disease. While the filmmaking occasionally veers into television movie territory Giamatti and cast — Dustin Hoffman, Rosamund Pike and Minnie Driver — are by turns touching, caustic and hilarious but above all, entertaining.
RICHARD CROUSE

The Debt
Genre: Drama
Director: John Madden
Stars: Helen Mirren, Sam Worthington, and Tom Wilkinson
●●●●
Helen Mirren apparently immersed herself in modern Jewish history to get the part of a former Mossad agent just right; she plays a woman who thirty years earlier kidnapped a Nazi war criminal to send him to trial. Things didn't go well and she was forced to protect a lie when her daughter wrote a book on her story. Madden's brilliant and excruciatingly intense drama features up and comer Jessica Chastain as the young agent, Sam Worthington as her partner and Wilkinson as her embittered former lover. The Debt will loom large at awards time.
ANNE BRODIE

6 DAYS

I Am Slave
Genre: Comedy/Drama
Director: Gabriel Range
Stars: Wunmi Mosaku, Isaach De Bankole, Hiam Abbass
●●½
An examination of the terrifying contemporary slave trade in London from director Gabriel Range (Death Of A President). There are hundreds, possibly even thousands, of illegal immigrants secretly living as slaves in Britain and this film follows one such woman (Wunmi Mosaku), taken from her home in Africa as a child and smuggled into the U.K. at 18 to serve a wealthy family without even being allowed to leave the property. Extraordinary performances and unflinching documentary-like realism in the direction make this film compelling, but a reliance on distracting melodrama and cardboard villains keep it from reaching it's full potential.
PHIL BROWN

5 DAYS

The Bang Bang Club
Genre: Drama
Director: Steven Silver
Stars: Ryan Phillippe, Malin Ackerman and Taylor Kitsch
●●●½
The Bang Bang Club was a name given to four international news photographers who covered South Africa's civil war in the waning days of white rule in the early '90s. Put in the centre of combat, high on adrenaline and invincibility, they shot the pictures that opened the world's eyes to the bloodbath while dealing with the moral, personal, and political meaning of it all. This is a well made film about four heroic men in a world gone crazy, none of whom were actually invincible.
ANNE BRODIE

4 DAYS

Uncle Boonmee Who Can Recall His Past Lives
Genre: Comdey/Fantasy
Director: Apichatpong Weerasethakul
Stars: Sakda Kaewbuadee, Thanapat Saisaymar
●●●●●
Thai wunderkind Apichatpong Weerasathakul's Palme D'Or winner lives up to the hype and then some. This gentle, wondrous narrative of recurrence and reincarnation — focused on the last days of a dying farmer — is cinema at is most adventurous. Not to mention generous: even as his formal mastery grows, Apichatpong leaves plenty of space for the viewer to tease out the film's supple, suggestive meanings. Indelible image: a jungle nighttime dotted by the glowing eyes of indigenous phantoms, watching us watching them.
ADAM NAYMAN

3 DAYS

2 DAYS

No complaints from Reynolds

Actor Ryan Reynolds says he'll never complain on a film set again after surviving the gruelling conditions of his taut thriller Buried.

"... nothing compared to 17 days in the box with the dark overlord of your oppression over here, standing over you. It was tough."
RYAN REYNOLDS

The Canadian star told a news conference at the Toronto International Film Festival that he was left physically and emotionally battered by the 17-day shoot.

Reynolds stars as a U.S. truck driver in Iraq who is kidnapped and buried alive in a wooden coffin. The 94-minute story unfolds in real time as his character frantically tries to figure a way out.

The script required Reynolds to swing through emotional extremes while also serving as the film's lighting designer. The movie's only source of light is what his character uses in the coffin, including a lighter, cellphone and flashlight.

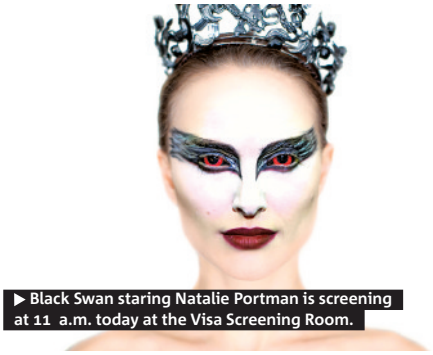
Spanish director Rodrigo Cortes says he initially considered the story impossible to film, but was also instantly drawn to the challenge.

"It was pretty miserable, I've got to say," Reynolds said yesterday of the shoot while seated next to Cortes.

"I'll never complain ever again on a film set as long as I live. They strung me up and threw me all over sound stages in New Orleans on Green Lantern and I just kept getting up and saying, 'Give me another,' because it was nothing compared to 17 days in the box with the dark overlord of your oppression over here, standing over you. It was tough."
THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Ryan Reynolds stars in Buried.



▶ Black Swan staring Natalie Portman is screening at 11 a.m. today at the Visa Screening Room.

Tuesday

9 a.m.
•Miral, Varsity 8
9:30 a.m.
•Tears of Gaza, Varsity 7
11 a.m.
•Black Swan, Visa Screening Room (Elgin)
12 p.m.
•Submarine, Ryerson
•Beautiful Boy, Varsity 8
12:30 p.m.
•West is West, Winter Garden Theatre
•Small Town Murder Songs, Varsity 7
2 p.m.
•Incendies, AMC 3
2:15 p.m.
•The Game of Death, AMC 2
2:30 p.m.
•Another Year, AMC 4
•Rabbit Hole, Visa Screening Room (Elgin)
•Barney's Version, TIFF Bell Lightbox 1
2:45 p.m.
•Tracker, AMC 6
3 p.m.
•The Man of a Thousand Songs, AMC 9
•Let Me In, Ryerson
•Soul of Sand, Varsity 7
3:30 p.m.
•Norwegian Wood, AMC 7
•Repeaters, AMC 5
•Carancho, Varsity 8
4:30 p.m.
•The Housemaid, Winter Garden Theatre
4:45 p.m.
•All About Love Isabel Bader Theatre
5 p.m.
•Machete Maidens Unleashed!, AMC 10
•Short Cuts Canada: Programme 4, Jackman Hall AGO
5:15 p.m.
•Mother of Rock: Lillian Roxon, AMC 2
5:30 p.m.
•I Am Slave, AMC 6
5:45 p.m.
•Sandcastle, AMC 4
6 p.m.
•Pink Saris, AMC 9
•Special Treatment, Visa Screening Room (Elgin)
•13 Assassins, Ryerson
•As If I Am Not There, AMC 3
•Mavericks: Bruce Springsteen
•Half of Oscar, Varsity 7
6:15 p.m.
•Life, Above All, AMC 5
6:30 p.m.
•The Debt, Roy Thomson Hall
•Gorbaciòf - The Cashier who Liked Gambling, Scotiabank Theatre 4
•The Sleeping Beauty, TIFF Bell Lightbox 2
6:45 p.m.
•Heartbeats Varsity 8
7:00 p.m.
•Outrageous!, TIFF Bell Lightbox 3
•22nd of May, AMC 7
•Womb Scotiabank Theatre 3
7:15 p.m.
•The Big Picture, Scotiabank Theatre 2
•Oki's Movie, Scotiabank Theatre 1
7:30 p.m.
•In a Better World, Isabel Bader Theatre
•Short Cuts Canada: Programme 5, Jackman Hall AGO
7:45 p.m.
•! Women Art Revolution - A Secret History, AMC 10
8:00 p.m.
•I Saw the Devil, Winter Garden Theatre
•A Horrible Way to Die, AMC 2
8:30 p.m.
•ATTENBERG, AMC 6
8:45 p.m.
•Hair, Varsity 7
•Over Your Cities Grass Will Grow, AMC 4
9 p.m.
•Buried, Ryerson
•Henry's Crime Visa Screening Room (Elgin)
•The Sound of Mumbai: A Musical, AMC 9
•Tender Son- The Frankenstein Project, Scotiabank Theatre 4
•Meek's Cutoff, TIFF Bell Lightbox 1
•Leap Year, AMC 3
9:15 p.m.
•Curling, AMC 5
9:30 p.m.
•The Promise: The Making of Darkness on the Edge of Town, Roy Thomson Hall
•Good Neighbours, Varsity 8
•Rare Exports: A Christmas Tale, AMC 7
•Essential Killing, TIFF Bell Lightbox 2
9:45 p.m.
•Balada Triste (The Last Circus), Scotiabank Theatre 1
•Blessed Events, Scotiabank Theatre 3
10 p.m.
•The Fourth Portrait, TIFF Bell Lightbox 3
10:15 p.m.
Bunraku, Scotiabank Theatre 2
10:30 p.m.
•Amigo Isabel Bader Theatre
11:59 p.m.
•Insidious, Ryerson

Wednesday

9 a.m.
•Gorbaciòf - The Cashier who Liked Gambling, Varsity 7
9:30 a.m.
•Potiche, Varsity 8
11 a.m.
•The Debt, Visa Screening Room (Elgin)
12 p.m.
•Henry's Crime, Ryerson
•The Human Resources Manager, Varsity 78
12:30 p.m.
•Buried, Varsity 8
2 p.m.
•Balada Triste (The Last Circus), AMC 7
2:15 p.m.
•The Game of Death, AMC 2
2:30 p.m.
•The Promise: The Making of Darkness on the Edge of Town, Visa Screening Room (Elgin)
•How To Start Your Own Country, AMC 10
•Curling, AMC 4

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2. Isabel Bader Theatre — 93 Charles St.
3. Ryerson Theatre — 43 Gerrard St. East
4. AMC Yonge-Dundas 24 — 10 Dundas St. East, Fourth Floor
5. VISA Screening Room & Winter Garden Theatre — 189 Yonge St.
6. Jackman Hall — Art Gallery of Toronto, 317 Dundas St. West
7. National Film Board (NFB) — 150 John St.
8. Scotiabank Theatre — 259 Richmond St. West
9. Festival Box Office — 363 King St. West
10. Roy Thomson Hall — 60 Simcoe St.

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Wednesday cont.

2:45 p.m.
•Blessed Events, AMC 3
3 p.m.
•Brighton Rock, AMC 6
•Amigo, Ryerson
•Dark Cloud, Varsity 7
3:15 p.m.
•Heartbeats, AMC 5
3:30 p.m.
•Ceremony, Varsity 8
4:30 p.m.
•Short Cuts Canada: Programme 5, Jackman Hall AGO
4:45 p.m.
•I Saw the Devil, Isabel Bader Theatre
5 p.m.
•Cave of Forgotten Dreams, AMC 7
•You Are Here, AMC 10AGO
5:15 p.m.
•The Sleeping Beauty, AMC 2
5:30 p.m.
•American Beauty, TIFF Bell Lightbox 3
•The Majority, AMC 4
5:45 p.m.
•October, AMC 3
•Moscow 11:19:31 | k.364 A Journey by Train, AMC 9
6 p.m.
•Block-C, Varsity 7
•What's Wrong With Virginia, Visa Screening Room (Elgin)
•Womb, AMC 6
6:15 p.m.
•Blue Valentine, Ryerson
•A Screaming Man, TIFF Bell Lightbox 2
6:30 p.m.
•Peep World, Roy Thomson Hall
•I Am Slave, Varsity 8
6:45 p.m.
•Microphone, TIFF Bell Lightbox 1
7:00 p.m.
•Jaloux, Jackman Hall AGO
8:00 p.m.
•The Ditch, AMC 10
8:15 p.m.
•10 to 11, AMC 4
•The House by the Medlar Tree, Isabel Bader Theatre
8:30 p.m.
•Mother of Rock: Lillian Roxon, AMC 9
•MODRA, AMC 3
9 p.m.
•GENPIN, AMC 2
•The High Cost of Living, Scotiabank Theatre 3
•Route Irish, Visa Screening Room (Elgin)
•Anything You Want, AMC 6
•Mavericks: Kelly Reichardt, TIFF Bell Lightbox 3
•Site and Vision: Short and Experimental Film, Varsity 7
•Short Cuts Canada: Programme 6, TIFF Bell Lightbox 2
9:15 p.m.
•Kaboom, Ryerson
9:30 p.m.
•The Bang Bang Club, Roy Thomson Hall
•White Irish Drinkers, Varsity 8
•All About Love, AMC 5
9:45 p.m.
•I Wish I Knew, Scotiabank Theatre 4
•The Solitude Of Prime Numbers, TIFF Bell Lightbox 1
10:45 p.m.
•Promises Written in Water, Isabel Bader The
11:59 p.m.
•Red Nights, Ryerson

▶ Ryan Gosling and Michelle Williams star in Blue Valentine, which is showing 6:15 p.m. on Wednesday at Ryerson.

TIFF Galas

▶ TUESDAY

11 a.m.
Black Swan, Roy Thomson Hall
12:30 p.m.
West is West, Winter Garden Theatre
2:30 p.m.
Barney's Version, TIFF Bell Lightbox 1
4:30 p.m.
The Housemaid, Winter Garden Theatre
6:30 p.m.
The Debt, Roy Thomson Hall
9:30 p.m.
The Promise: The Making of Darkness on the Edge of Town, Roy Thomson Hall

▶ WEDNESDAY

9:30 a.m.
Potiche, Varsity 8
11 a.m.
The Debt, Visa Screening Room (Elgin)
2:30 p.m.
The Promise: The Making of Darkness on the Edge of Town, Visa Screening Room (Elgin)
6:30 p.m.
Peep World, Roy Thomson Hall
9:30 p.m.
The Bang Bang Club, Roy Thomson Hall

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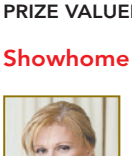

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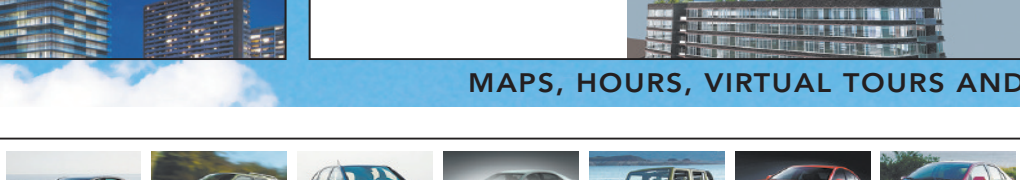

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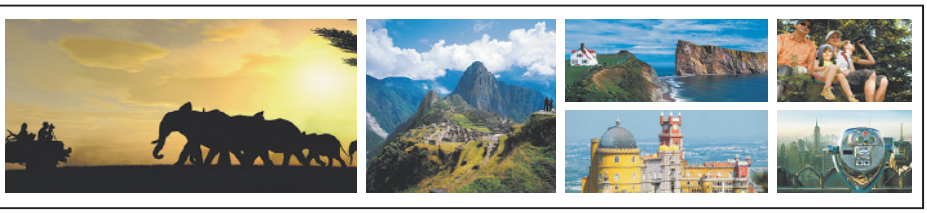

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Drs. return for a third season

Syndicated show gives viewers digestible, quick and healthy info they can use on a daily basis Women's health issues are being made a priority in the new season of popular program

▶ Dr. Lisa Masterson (centre) is flanked by her medical peers on the popular TV show The Doctors.

Dr. Lisa Masterson has her work cut out for her on the Emmy Award-winning TV show The Doctors, as it enters its third season this week with women's health issues an increased priority.

And Masterson is being asked to lead the charge.

"I am loving that," said Masterson — an obstetrician and gynecologist.

"Being the only female on the show and the voice of women is something I take really seriously."

The Doctors is offering its female-skewing audience a segment titled, Ask Dr. Lisa, which promises candid answers to viewer and studio audience questions, and The Motherhood Survival Club, with celebrities and average moms sharing their child-rearing experiences.

People want information about everyday concerns, said executive producer Jay McGraw (son of "Dr. Phil" McGraw). Larger health care issues aren't on the agenda.

"Viewers don't have questions for us on health care reform. They have questions for us on, 'What do I do today to get better tomorrow?'" McGraw said.

"Being the only woman on the show ... is something I take really seriously."
DR. LISA MASTERSON

The show's answers range from home remedies for swimmer's ear to solving the mystery of whether a child's congestion stems from allergies or infection.

The show, McGraw recalls, did a segment on the "five colours of snot" to identify which should prompt parents to get medical help for their youngster.

The Doctors, winner of an Emmy Award for best informative talk show, will keep the rest of its medical staff busy as well.

Joining Masterson are emergency room physician Dr. Travis Stork, plastic and reconstructive surgery expert Dr. Drew Ordon and pediatrician Dr. Jim Sears.

Stork plays guinea pig in a segment Monday dubbed "Project Unhealthy," swapping his diligent approach to diet and exercise for a sedentary week of fast-food gluttony.

He gained more than a pound a day and saw his blood pressure edge into the pre-hypertensive range.

He also acquired a new sense of understanding about how easily a person can fall into a harmful routine.

Hearing from viewers they've helped is welcome medicine for the doctors, Stork and Masterson agree. "We have a wonderful platform to change lives and give people really digestible, quick and healthy information they can use," Masterson said.
THE ASSOCIATED PRESS

Other doctors

Joining Masterson are emergency room physician Dr. Travis Stork, plastic and reconstructive surgery expert Dr. Drew Ordon and pediatrician Dr. Jim Sears.

- **All the doctors agree that** hearing from viewers they've helped is welcome medicine.
- **The series** averaged more than 2.6 million daily viewers last season.

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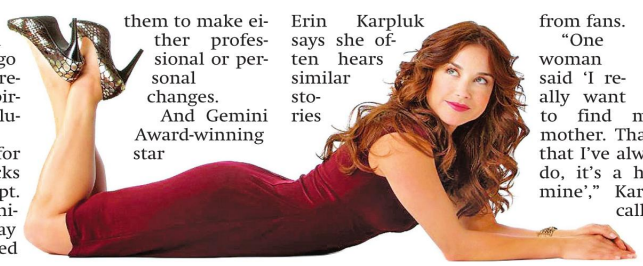
Being Erica star hears from fans inspired by show



The CBC-TV series Being Erica, about a woman who gets a chance to go back in time to fix her regrets, is apparently inspiring some fans to re-evaluate their own lives.

A Facebook fan page for the dramedy, which kicks off its third season Sept. 21, has several testimonials from viewers who say the premise prompted them to make either professional or personal changes.

And Gemini Award-winning star Erin Karpluk says she often hears similar stories from fans.

"One woman said 'I really want to find my biological mother. That's something that I've always wanted to do, it's a huge regret of mine'," Karpluk, 31, recalled.

"To hear from someone trying to reinvent their life or make the most of their life or make positive changes ... and if this show is inspiring them in any way, that makes me so happy and excited," she added.

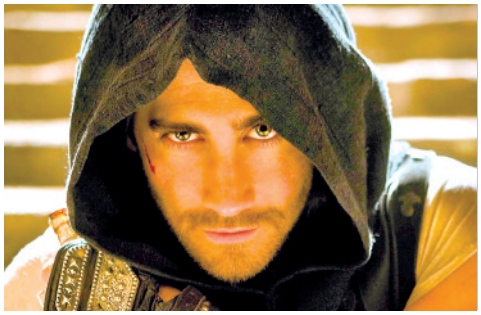
In the upcoming Season 3 of Being Erica, which airs in 86 countries, Erica makes major changes in her career and relationship with Ethan (Tyron Leitso).

A Scottish remake of the show is now in the works. Karpluk says she's heard it may feature a male character. "Maybe they can meet and maybe they can have a time-travel session together," she added, jokingly.

"At first there was a part of me that was like 'What? Nobody else can play Erica! I play Erica!' Then I thought about it and I was like: 'Well, fair game.'
THE ASSOCIATED PRESS

DVD Releases this week Buy it ●●●●● | Rent it ●●●● | Borrow it ●●● | Yawn ●● | Don't bother ●

Gyllenhaal is a Prince



Prince of Persia: The Sands of Time
Genre: Adventure
Director: Mike Newell
Stars: Jake Gyllenhaal, Gemma Arterton
●●½

Most actors wouldn't thank you for describing them as a video game character.

In the instance of Jake Gyllenhaal in his title role as a gritty prince, however, such comparisons should be taken as a sincere compliment. It's not easy making something so fake seem almost real, but the normally glum Gyllenhaal nails the insincerity, finally morphing from indie wimp into blockbuster action figure.

Prince of Persia isn't just based on a video game, as so many films are these days. It blithely acts as if it still is the game, which someone managed to project onto a big screen. The camera movements mimic the up-down, left-right sweeps of twitchy gamers, weapons are constantly in use and the main actors seem impervious to natural laws.

Gyllenhaal's poor-boy Prince Dastan isn't just a champ at parkour, the jumping bean exertions that give the film great energy; he's defies gravity as if he's made of ancient Flubber.

Gemma Arterton's Princess Tamina, the object of much heavy breathing and heroic exertions, manages to keep her makeup intact even while treading across the desert and staring into sandstorms. Max Factor, are you paying attention?

A pause for station identification: the film is directed by Mike Newell, who did Donnie Brasco and also one of the Harry Potter paycheques, but it's produced by Jerry Bruckheimer, and you know what that means. Such trifles as history, logic and storytelling must take a back horse to explosions, wisecracks and ludicrous situations.

This isn't so terrible, this time out. Bruckheimer has smartly assembled actors who are fun to watch, Gyllenhaal being the big revelation here.

Depending on which of three packages you buy, extras include one deleted scene, a making-of featurette and interactive controls.

PETER HOWELL

A period charmer

Dean Spanley
Genre: Comedy
Director: Toa Fraser
Stars: Peter O'Toole, Jeremy Northam, Sam Neill, Bryan Brown
●●●

The current Toronto International Film Festival celebrates film at its finest and most diverse. But it also reminds us that not all gold gets a chance to glitter.

This utterly charming period comedy by New Zealand's Toa Fraser was a Gala presentation at TIFF '08, with attendant hoopla at Roy Thomson Hall. Then it vanished from sight, skipping a proper theatrical release as it headed to DVD.

It's a shame, because the film showcases one of Peter O'Toole's most affecting recent performances, as a cranky Edwardian-era man who finds his heart in the most unusual of encounters.

He plays the widowed father of a put-upon London son played with weary grace by Jeremy Northam.

Their regular Thursday visits turn to tedium until the son suggests they attend a lecture on reincarnation by a noted eastern swami. There they meet an intriguing character named Dean Spanley (Sam Neill), whose enthusiasm as a dinner guest and skills as a raconteur increase in direct proportion to his imbibing of a certain rare liqueur.

Said liqueur is provided by an import-export rascal played by Bryan Brown, who also gets caught up in the astounding stories Spanley weaves. No fair spoiling the surprise, but let it be said that a cherished pet dog figures prominently in the tale telling.

The film is slow to reveal itself, but it pays off handsomely, especially in the performance by O'Toole. Dog lovers, this one is especially for you.

Extras include a making-of featurette and cast and crew interviews.

PETER HOWELL

The Audio Files

BRYAN BORZYKOWSKI
SCENE@METRONEWS.CA

POLARIS PRIZE NOT PERFECT

Next Monday night much of Canada's indie music community will descend on Toronto's Masonic Temple to celebrate some of this country's top talent at the fifth annual Polaris Music Prize. While the ceremony will be a lot of fun, now's a good time to ask if Polaris has lived up to its mandate.

The award was created by Steve Jordan, a former music exec, to reward the best Canadian album released between June 1 and May 31. The winner gets $25,000, usually increased record sales and some extra attention.

Since its inception in 2006, the prize has come under some criticism, though everyone generally agrees that it's a good thing for Canadian music. A lot of people were mystified when Feist's brilliant disc The Reminder lost to Patrick Watson's Close to Paradise in '07. There was a lot of talk on the Polaris discussion board that year on whether or not Feist, who was one of the more popular artists on the short list, should win because of her notoriety. Jordan kept reminding people that it's based on merit, not popularity.

For better or for worse, that's always been an issue with the prize. The nominees generally aren't household names, yet many people would like to see even less familiar artists make the list or win. That doesn't help promote the prize — the more obscure the winner the less attention Polaris will receive.

Ultimately, it's impossible to pick the best Canadian album. The Polaris is really for a great disc chosen by the jury, who are made up of mostly indie rock-loving Canucks. The process has adapted, but really hasn't changed much over the years. But for now, that's OK.

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Gaga can't sleep alone

New book on Pokerface singer alleges she is terrified to be alone Insisted former assistant shared her bed

A new book on Lady Gaga claims the award-winning singer is petrified of being alone and would often insist that her former assistant, Angela Ciemny, share her bed.

"We would do our make-up together every morning and get ready for bed together at night," Ciemny says in the book Poker Face: the Rise and Rise of Lady Gaga.

Ciemny says that when she would try to head back to her own room, the singer would throw a fit, insisting she stay.

"Gaga couldn't sleep without someone next to her in bed," according to the book.

METRO

Lady Gaga.

Are Miley Cyrus and her ex beau back together again?

Miley Cyrus

It looks like Miley Cyrus' breakup from Liam Hemsworth was short-lived.

The pair were spotted recently in Los Angeles, and sources say they're definitely back together.

"Miley and Liam kept smiling and seemed to really enjoy their afternoon together," a source tells People magazine.

"They acted like they had missed each other, kept chatting and seemed to be catching up. They definitely seemed like a couple again." METRO

Talking points

Drake's wedding hoax

WEDDING BELLS? Rapper Drake thought he was just being funny when he joked on Twitter recently that he and singer Nicky Minaj had gotten married, but his mother didn't see the humour in it. "My mom was actually like, 'What happened? How did you elope?'" Drake said. "But we were just joking around. I never thought it would get so out of hand." METRO

Will they ever get hitched?

ROYAL WEDDING. Royal watchers now claim Prince William's assumed wedding to Kate Middleton will take place in June 2012, coinciding with Queen Elizabeth's diamond jubilee and taking place two months before the Olympics come to London, according to the News of the World.

William

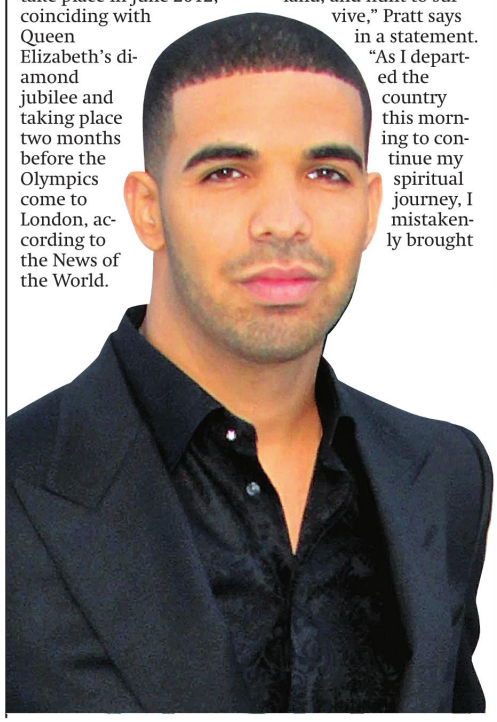
Buckingham Palace sources denied an early report by the Daily Mail that the couple would wed at Westminster Abbey in August 2011. William and Middleton, who have been dating on and off for eight years, are not officially engaged.

METRO

Pratt's 'honest mistake'

WEAPONS CHARGES. Spencer Pratt insists his arrest in Costa Rica for weapons possession was just an "honest mistake," according to Hollyscoop. "I've spent the last week living alone in the jungle, reflecting on my past transgressions, and working to become a better person. I had to live off the land, and hunt to survive," Pratt says in a statement. "As I departed the country this morning to continue my spiritual journey, I mistakenly brought my hunting weapons to the airport. It was an honest mistake, and they sent me on my way." Pratt was later spotted in Los Angeles with estranged wife Heidi Montag.

METRO



DJ AM owed nearly $100K

BACK TAXES. DJ AM reportedly left behind a hefty tax bill when he passed away in 2009. According to court documents, the producer and deejay owed nearly $89,000 in back taxes from 2006 and 2007 at the time of his death, according to TMZ, and the state of California is reportedly leaning on his estate to pay up. Reps for DJ AM's estate had no comment.

METRO

Celebrity tweets

Spencer Pratt [@spencerpratt] Thanks to jail, I finally have something in common with ... Gandhi.

Taylor Swift [@taylorswift13] Nothing like a Sunday afternoon sitting in my car ... watching LARPING!!

Erykah Badu [@fatbellybella] The Jedi pays attention to the movements of his/her own mind. She ... chooses to turn fear and worry into calmness.

Michael Ian Black [@michaelianblack] Pretty sure I am still asleep because if I am awake this sucks.

FLICKR CC THELASTMINUTE

Breaking the wave

Get your wetsuits out and head for the shore. Cameron Diaz swears by it — and she has her toned figure to vouch for its effectiveness

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Surfing instructor Clayton Beatty talks us through the varying degrees of fitness needed when riding the waves:

The challenges of surfing

Paddling endurance

Duck diving: Diving under an oncoming wave. Timing your paddle into a wave

Popping up (take off): Making sure you pop up quickly and stay low to keep a low centre of gravity for better balance.

The muscles engaged

Paddling: The shoulders and upper back muscles.

Duck diving: The chest, arms and core muscles.

Popping up or takeoff: Chest, arms, core muscles and balance.

Surfing a wave: Legs (mainly your quads, glutes, hamstrings) and core muscles.

Why you need good balance

Balance is crucial in order for you to take off correctly when you are riding a wave or about to ride.

In order to have good balance you must work on your core stability and learn to keep the movement in your hips, knees and ankles steady.

Why you need a strong core and upper body strength

Core strength is what gives you the balance needed for duck diving, popping up, and riding a wave correctly.

If someone has a weak core then their body cannot transfer force effectively, causing them to lose movement efficiency while surfing.

Upper body strength is important for endurance when paddling, power and for duck diving and popping up on the board.

A regular surfer's body

Surfing is an excellent total body workout.

It combines cardiovascular fitness, core strength, stability, balance, upper and lower body strength and power as well as mobility and flexibility.

Surfing on a regular basis builds up cardiovascular endurance and creates a lean muscle definition.

Surfers are likely to have low body fat and be more agile.

FLICKR CC AFUMALAYSIA

▶ Hold on for fitness.

Testimonial

DIET DIARIES

ALANA BLANCHARD
SURFER

Her workouts: I do Pilates and yoga every day and I love biking, hiking and anything that has to do with the water.

Her beauty rituals: I'm a very healthy person. I eat a lot of fruits and vegetables, and I try not to eat anything processed. I always use sunscreen during the day and try to go surfing before the UV rays are at their strongest.

Her guilty pleasures: I love frozen yogurt. We don't have it on Kauai (Hawaii) yet so when I go to places that have it I get so excited.

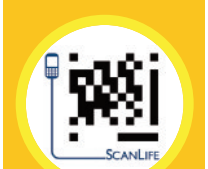
Does she think people can have it all physically: It all depends on your body and how it builds muscle and what you eat has a lot to do with it. It can either be hard or easy, you just need to figure out your own body needs.

3 life

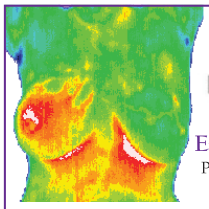
Cellphone app

If there's one thing the typical Canadian teen wouldn't be caught without, it's a cellphone. So doctors are hoping to employ the ubiquitous communications device as a means of diagnosing and treating mood disorders among the adolescent set. Researchers at Sunnybrook Health Sciences Centre in Toronto have developed cellphone software that would allow teens to record mood changes as they occur, along with other pertinent health information related to depression and bipolar disorder. The hospital is looking for 36 adolescents aged 14 to 20 — with and without mood disorders — to keep a digital daily record for nine months so researchers can assess whether the mobile app could used in regular clinical practice.

THE CANADIAN PRESS



Stents may double risk of stroke or dying in older patients compared to surgery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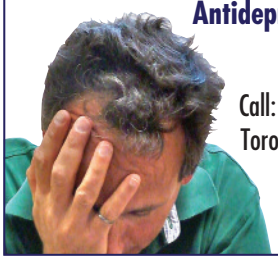
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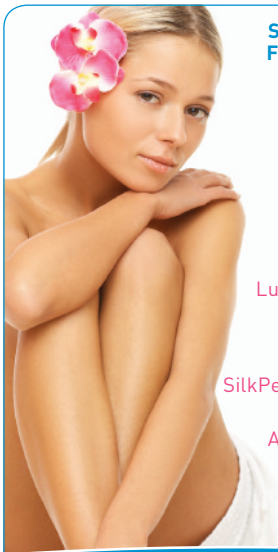
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How to get rid of your man boobs

More men are sporting cleavage than ever before, which means an increase in breast-reduction surgery

HEIDI PATALANO
wellness@metronews.ca

While breast-enhancing surgery has become almost a norm for women, men are also heading to the plastic surgeon's office more often — to have their man-boobs (moobs) removed in a procedure referred to as gynecomastia.

That fact shouldn't be too surprising, considering that each year the obesity epidemic continues to grow. The U,S, Center for Disease Control and Prevention recently released a study that showed nine states increasing their obesity rates by 30 per cent, which is triple the number of states that reported such a high percentage in 2007.

However, hormonal issues can also cause the growth of moobs. A test is required if a hormonal imbalance is a possible cause. Dr. Bill Johnson, plastic surgeon at Innovations Medical in Dallas, Texas, explains.

"Any man that's having a discharge from his nipples, that's definitely a sign that you need to have an evaluation," he says. "Also, folks that have very large breasts that aren't particularly overweight or particularly heavy anywhere else."

GETTY IMAGES

▶ Men with full breasts like these can have them surgically removed with a simple procedure.

The surgical solution

Not only are men sporting more cleavage these days — the surgical options to have them removed have been streamlined to the point where the procedure is safer, easier and requires less recovery time.

"The popularity has grown quite a bit in the last two or three years because the tools have gotten better," adds Johnson.

He says on average, he performs male-breast removal two to four times a month.

"No one would know by looking at them that they ever had a procedure like this. They don't need to take a lot of time away — just a couple of hours in the afternoon," adds Dr. Amiya Prasad, plastic surgeon and spokesman for the American Academy of Plastic Surgery.

Surgery generally costs between $5,000 and $15,000 US.

METRO

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Putting patients to sleep from abroad

McGill team helps pioneer remote anesthesia • Hints at applications

Forget about falling asleep at the drop of a hat — how about at a click of a button?

In what's being billed as a world first, McGill University researchers partnered with a team from Pisa University in Italy in pioneering a way to administer anesthesia without being in the same room — or even on the same continent — as their patients.

During a two-week period, Dr. Thomas Hemmerling and his team from McGill's department of anesthesia treated 20 patients undergoing thyroid gland surgery in Italy, remotely from Montreal. The duration of the surgeries in the pilot project varied from between about 45 minutes and three hours.

The approach is part of a new technological advancement known as teleanesthesia. It involves engineers, researchers and anesthesiologists administering drugs intravenously, which are then controlled remotely through an automated system.

There were two automated systems in place in both Montreal and Pisa, so if a video or Internet link was interrupted, the local automated system could still be taking care of anesthesia, Hemmerling said. The local team could override the administration of anesthesia at any time.

THE HANDOUT/THE CANADIAN PRESS

▶ Anesthesia cockpit in Montreal controlling anesthesia in Pisa.

"Just imagine if in some African countries you could install locally an automated system, and you could then in addition either remotely control it, or at least be the remote backup"
DR. THOMAS HEMMERLING, SPEAKING ABOUT THE POSSIBILITIES OF REMOTE ANESTHESIA

Hemmerling noted that in some African nations, there are fewer than 10 anesthesiologists in each country, and anesthesia care is often provided by nurses.

"Just imagine if in some African countries you could install locally an automated system, and you could then in addition either remotely control it, or at least be the remote backup," he said.

"I'm sure you could increase quality or safety of the patient care."

THE CANADIAN PRESS

More research

What's next for the surgery science.

▶ **Researchers say** the process needs to be repeated with a greater number of patients and a wider variety of surgeries, while also allowing researchers in Italy to control the anesthesia for patients in Montreal.

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Do you get headaches frequently?	■	■
Do you have a hard time losing weight?	■	■
Are you bloated or retaining water?	■	■
Mental cloudiness?	■	■
Is your skin getting bad?	■	■

These symptoms above are some of the most common signs of toxic overload, and detoxing once or twice a year is often recommended as a solution. In a recent study of 116 women in the UK, 70% were satisfied or very satisfied with the results from their Biofirm detox.

I unjunked my body!

Lina works in the fitness industry in Ottawa and recently came across an article on detoxing. Here is her story;

"I was having a hard time losing those stubborn extra pounds and I was tired a lot, which showed in my face. So when I came across a Biofirm story in the local newspaper, it made me curious.

It definitely made sense to me that we get tired and bloated from too many toxins in our foods and from our environment. But I didn't know that it made us gain weight! So I purchased a box of Biofirm and took the recommended 6 tablets a day for a month with lots of water and high-fibre foods. I was determined to unjunk my body!"

I lost 11 pounds on the detox!

"In the first 4 weeks I lost 7 pounds. I definitely felt lighter and my skin was looking great – I was glowing! I had read that it could be unpleasant to take Biofirm but I actually enjoyed it, especially because you are still able to do your daily duties. You don't have to stay home or do it on the weekends.

After the 30 days detox, I wanted to continue, so I bought another 14 days of tablets. Again, I lost another 4 pounds and my clothes were getting very loose! I was thrilled - and the great part is that I didn't have to exercise vigorously for 6 weeks!!"

– Line B., Ottawa

DETOXING: A GREAT WAY TO START A HEALTHIER LIFE

Everyday, our bodies are exposed to toxins from the air we breathe, the water we drink and especially the processed foods we eat. If our bodies get overburden with toxins, our liver suffers and we start seeing the effect on our health; Our skin is affected, we get tired, we retain water, get headaches, digestion problems, bad breath and find it especially hard to lose weight.

Researchers have now discovered the biological cause of those stubborn pounds; Toxic particles bind water in the bodies' soft tissue and inhibit your metabolism from burning fat efficiently. The Conclusion: To lose weight, you must first cleanse your body!

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ISTOCK

▶ One doctor is showing that you can still eat the foods you like and lose weight.

You are not what you eat

Doctor goes on all junk food diet to prove a point

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO TORONTO

You can have your cake and lose weight too.

Curbing obesity is all about eating less — and you can choose naughty foods if you like, according to Dr. Mark Haub (PhD), a professor of nutrition at Kansas State University.

To prove it, he's eating cake and junk food for a month.

Haub is promoting the idea that diets fail because they don't take individual preference into account.

For his experimental diet, he aims for 1,800 calories a day. He looks after his basic nutrition needs with multivitamins, a few vegetables and some milk and protein drinks.

But the other 70 per cent to 80 per cent of his diet is junk — snack cakes, hot dogs, peanut-butter chocolate bars, chocolate cake rolls, breakfast pizza, donuts, chips and sugary cereal.

"The premise is very simple," he says, "eat less energy than expended."

Haub had high cholesterol when he started the diet in late August. Two weeks later, Metro contacted him to see how he was doing. He had lost 10 lbs and his cholesterol levels and blood glucose levels had improved.

"Now my cholesterol values are normal, which surprised me as I was not expecting such a dramatic improvement in just two weeks."

While he doesn't suggest people pig out on junk food, he does feel that foods notoriously known to ruin diets may be OK in moderation.

"I'm not promoting this or recommending it; it's just an exercise in nutrition," says Haub, who teaches undergraduate students.

He feels that instead of telling people what not to eat, a better way to reduce obesity is to encourage people to keep their calories in check, and to fortify popular foods with nutrients.

Don't be scared of your food

What foods do you like? Eat them!

That's one of the messages from Dr. Mark Haub, a nutrition professor in Kansas. He is on a junk food diet. He's promoting the idea that, as long as you get your nutrients, limit your calorie intake, and exercise regularly, you can eat whatever you want.

"One concern I have regarding the major global effort to fight obesity is that people are not enjoying food in fear of getting fat," says Haub.

"While I do not support gorging or gluttony, I do think enjoying what we eat should be embraced."

CELIA MILNE

News in brief

Workers feel more stressed

STUDY. How are you doing at work? Stressed, if you're like most Canadian employees. Almost 30 per cent of workers are feeling more stressed about work than they were last year, according to a recent survey by Desjardins Financial Security.

Massage can boost health

IMMUNE. A small scientific study in California found that a deep massage can boost the immune system and curb stress-related hormones. Researchers studied the blood and saliva of 29 people before and several times after a Swedish massage. They found that after a massage, levels of stress hormone cortisol were lower. CELIA MILNE

Eat your way to happy joints

Lee Mullins, Director of Education at Bodyism Clinic in London tells us how to adapt our diet in order to maintain healthy joints.

Anything high in omega 3 fatty acids is good for our joints. Omega 3s and in particular, the EPA (Eicosapentaenoic Acid) found in fish oils are essential to help reduce inflammation (which is the most common cause of painful joints) in the body. Foods high in omega 3s include:

1. Oily fish such as anchovies, sardines, salmon and mackerel
2. Organic grass fed beef such as venison or bison.

Eat more foods that will keep the body in an alkaline balance rather than an acidic balance. When our bodies are in an acidic balance from different forms of stress, our bodies can be prone to inflammation. Eat more of the following to increase alkalinity:

1. Green vegetables — which are also full of essential nutrients to help repair connective tissue
2. Lemons or limes in water or drizzled onto food.
3. All types of berries, especially blueberries that have great anti-inflammatory properties.

For more information on Bodyism go to bodyism.com

Why diets fail

CELIA MILNE
WELLNESS@METRONEWS.CA
METRO TORONTO

▶ Up to 95 per cent of diets don't work says a study.

If you've tried — and failed — to lose weight, you're certainly not alone. Up to 95 per cent of diets don't work, according to Reader's Digest.

Here are four reasons why your diet fails:

1. It's too strict. You end up bingeing on foods that "aren't allowed."
2. It's short-sighted. Go for long-term lifestyle change, not short-term satisfaction.
3. It's too demanding. Go for gradual change and indulge a little.
4. You don't exercise enough. Add a mix of different physical activities you enjoy.

IBS AND PROBIOTICS
Recruiting Participants for Research Study

The Canadian College of Naturopathic Medicine is conducting a research study on probiotics and their effectiveness in relieving digestive discomforts such as gas, bloating, constipation and diarrhea.

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A SPECIAL METRO REPORT PRESENTED BY

Exploring sex and everything that goes along with it.

Landin Hollis (ndeliciousbass), Flickr

There's a name for that

Sorting through today's relationship labels

There seems to be a label these days for everything. No matter what you're doing (or not doing) with someone, you can be classified as being in a specific type of relationship. Even if you're not married!

The two most common types of non-exclusive relationships are one-night stands and friends with benefits (or "frenefits"). Now, these two arrangements come with both advantages and pitfalls. For example, two friends hooking up can be a lot of fun because you already know you like each other, but too often one partner will start to develop feelings for the other—and many friendships have been ruined as a result. Alternately, having a one-night stand can be satisfying, but mixing such activities with alcohol almost invariably leads to regret for at least one party. And it's often tricky to get out of there without leaving your phone number—even if you don't want to.

Another trend that's become prevalent these days is serial monogamy (a consecutive series of exclusive sexual relationships), according to Alex McKay of The Sex Information and Education Council of Canada. Sounds romantic, right? Surprisingly, however, these relationships carry a health risk: Many couples begin with the use of barrier contraception (like condoms) but, as the relationship develops, they move on to oral (or other non-barrier) contraceptives. "If you have, say, five relationships like that," he suggests, "by the fifth relationship, as soon as you move on to the Pill, you're basically having unprotected sex with five sexual partners." Still sound romantic?

Even if you're not with anyone at the moment, you're eligible for a very elite status: Single and loving it. Oddly enough, this can often be the most fulfilling arrangement. Too often, people go from one relationship to the other, often beginning at a very young age, without taking time to learn about themselves and what they want as an individual. So if you find yourself single, don't be afraid to love it—and yourself!

But no matter what label's been slapped on your own special arrangement, don't forget to respect yourself and the person you're with. Make sure that the terms clear to you both and be open and honest about your feelings before anything happens. That way, nobody gets hurt and you'll be free to enjoy whatever benefits your particular label provides—without the drama. And don't forget to always play safe!

Know your barriers

Choosing a method of contraception is a matter of personal choice and lifestyle needs. According to a report on contraceptive use among Canadian women (available at www.sexualityandu.ca), the two most common contraception methods are condoms and oral contraception (or "the Pill"). The Pill has an efficacy rate of 92–99.7% in preventing pregnancy, the same as the transdermal patch (which you wear) and vaginal ring (which you insert) and comparable to injectable contraceptives ("the Shot"). The patch, the ring, and the shot are available by prescription. Each comes with its own responsibilities and potential side effects, since they contain hormones that prevent a woman's ovaries from releasing eggs; to find which one suits you and your partner best, make sure to talk to your doctor.

There are other methods for preventing pregnancy that are available at your local drugstore as well, such as spermicides that disable sperm (71–82% efficacy) and "sponges" that absorb sperm for up to 12 hours (68–91%). But as both STIs (sexually-transmitted infections) and unplanned pregnancies, the condom is really the powerhouse of the contraception world (with an efficacy rate of 85–98% in preventing pregnancy). They're cheap and portable, don't contain hormones or medication, and are available in most stores (and some washrooms). And yes, we've probably all known guys (and some girls) who don't want to use them. But for your sake, as well as for the sake of your partner, you might want to take a second look.

Whatever contraceptive method you use, it's important to get the facts as to how to use it properly.

Even just looking at one brand of male condoms, there is a product for every argument. For guys who think that condoms reduce sensitivity, they can choose between Very Sensitive, Thintensity, and Naked Sensations options. If you feel that the condom is too tight (some guys actually don't know that they're bigger than average!), www.trojan.ca lists nine Magnum versions of their regular-sized products. For girls who don't find that condoms do anything for them, there's Her Pleasure line in Ultra-Ribbed, Ultra-Sensitive, and Warm Sensations. And for anyone with a sensitivity to latex, Supra condoms are made of ultra-thin polyurethane. So really, there's no excuse not to play safe!

Whatever method you use, it's important to get the facts as to how to use it properly. www.sexualityandu.ca is a great resource to learn how to put on a male or female condom, how to use a dental dam and you can also find tips like checking the expiry dates on your contraceptive products. And there are many more safe-sex methods available—check out the site for more details and efficacy rates. But remember, contraception is a responsibility that is shared by both parties, so make sure it's a decision you both agree with. And nobody ever said that you can't use more than one method!

Chepe Nicoli (ChepeNicoli), Flickr

Sex by the numbers

Here's a snapshot of some sex habits of Canadians – young and old:

⇛ Average age of first sexual intercourse; 16-18 years

⇛ Percent of Grade 11 students reporting having oral sex at least once: 52 (F); 53 (M)

⇛ Number of times per month women aged 26-35 years have sex: 8 - 12

⇛ Number of same sex couples in Canada: 45,300

⇛ Rate of teen pregnancies: 38.2 per 1,000

⇛ Number who have had 20 or more sex partners: 12 (33% had 2-5)

⇛ Number who would rather give up sex than the Internet: One-third

SOURCES: Statistics Canada; It's Canadian Youth Sexual Health and HIV/AIDS Study (2003); sexuality.about.com by Cory Silverberg; 2006 Canadian Census, sexualityandu.ca; Yahoo 15 Year Anniversary Survey (Ipsos)

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Shawn Latta (peachy92), Flickr

State of the nation

September: End of summer and back to the rat race at work or school. Some things rarely change.

It looks like the same goes for our sex habits. Research indicates that while Baby Boomers broke free-love barriers back in the 1960s, sexual behaviors have stayed pretty much the same ever since. For example, the average age at which Canadians first have sexual intercourse – 16-18 years – has remained the same for the past four decades.

The idea that kids today are hopping into bed at every turn is an exaggeration

The idea that kids today are hopping into bed at every turn is an exaggeration, to say the least. Research suggests that teens today have fewer lifetime sex partners. They may, however, be turning to oral sex instead of intercourse as rates of this practice among high school students are rising.

Teens – and their parents, too – may also be turning more to sex toys. One US survey showed that half the people surveyed used a vibrator, and Canadians are probably no different, says Cory Silverberg, a certified sexuality educator in Toronto. "If anything, it's possible that the combination of our slightly less neurotic attitude to sexuality, along with our long cold winters, could translate into higher sex toy use."

So we're fooling around just like couples have done from time immemorial. "Look at the earliest pornography and you'll see that our great-great grandparents were as kinky as we are," says Silverberg.

What has changed is our comfort level with our sexuality – and that applies to young people, too. One survey found that about 8% of teens don't consider themselves "straight". Schools are pushing to make the academic environment safer for students to "come out" as gay, lesbian or transgendered, says Kristopher Wells, an expert in sexual minorities at the University of Alberta.

In general, the sexual health of all Canadians has steadily improved over the years, says Alex McKay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "Sex is not so much this hidden taboo topic that it used to be." We're getting more sex info at school and on-line, we're using contraceptives more often, and teen pregnancy rates have dipped to their lowest level ever, he says.

Where we find our mate probably represents the biggest change in Canadian coupling habits. On-line, it seems, is where it's at when it comes to finding the perfect boy (or girl) next door. "Mobile dating sites that use location-based technologies let you find someone not just in your city or town, but someone who happens to be at the same coffee shop as you," says Silverberg.

The pyjama game

Robert McDonald (38259388@N00), Flickr

Everybody knows that you don negligees and silk boxers when you're feeling sexy between the sheets, but what do other kinds of nightwear say about you?

Men's pyjamas: These are the two-piece, button-down kind with pants. If you wear them, you're more interested in comfort than sensuality. To spice things up, men should do away with the shirt, and ladies can replace it with a slinky tank top.

Underwear: You're comfortable in your own skin, but you also like to leave a little to the imagination. Everybody likes a mystery, right?

Nothing: You are a free spirit with nothing to hide and are ready for anything. Just make sure you have a robe handy so you'll be ready for an unforeseen knock at your door.

Footy Pyjamas: You're a kid at heart. But don't expect to be getting any in that getup. Seriously.

STIs: The stats and the facts

You've probably heard about the skyrocketing rates of sexually transmitted infectious (STIs).

Fact: In 2008, there were 82,919 reported cases of chlamydia in Canada, an increase of 80.2% from 1999.

Fact: The rate of gonorrhea increased, too, by 116.5% between 1999 and 2008.

Fact: About 75% of us will be infected with the human papilloma virus (HPV) at some point in our life.

But the statistics don't paint the true picture. For one thing, more people are coming forward for testing and the tests today are much more sensitive, says Dr. Gayatri Jayaraman, Manager of Surveillance and Epidemiology, Center for Communicable Diseases and Infection Control, Ottawa.

While the overall prevalence of STIs is high, this has been the case for years, says Alex McKay, Research Coordinator, Sex Information and Education Council of Canada (SIECAN), Toronto. "People focus on distorted STI statistics to claim that sexual health is getting worse and that's completely misrepresenting the facts."

What is truly alarming is our "abysmal" knowledge about STIs, says McKay.

STIs are spread through vaginal, oral or anal sex as well as through sharing sex toys or needles. Symptoms can include unusual discharge, burning sensation when urinating, pain or sores in the genital area, itching, unusual bleeding, and a strong odor.

But some people who have an STI have no symptoms. The only way to know if you're infection-free is to get tested. But note that basic testing doesn't include the two most common STIs: Herpes simplex virus (HSV) and HPV.

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Tasty, not cheesy

There's more than one way to serve up broccoli And this tasty vegetable is at its best right now

When it comes to broccoli, there really is flavour beyond cheese sauce.

Not that cheese sauce is a bad way to mask some of the sulphurous smell and assertive flavour many people object to with this wonderfully healthy vegetable. But there are healthier ways of dressing it up, as in this savoury, salty sauce made from olives, capers and lemon juice.

While broccoli is always available, it is at its best in late summer through early winter. Look for bunches that are dark green with tightly closed florets. Avoid broccoli that is limp, yellowing or has a too strong an odour.

Preparation is simple — rinse the broccoli thoroughly and separate the stalks from the florets. The stalks are edible and flavourful, but you should use a vegetable peeler or sharp paring knife to remove the tough outer skin.

To achieve the most evenly cooked broccoli, always cut the florets into consistently sized pieces. Since the tougher stalks take longer to cook, it is best to cut them into even smaller pieces.

THE ASSOCIATED PRESS

▶ Broccoli can be steamed, roasted or cooked in a microwave.

Broccoli With Lemon, Olive and Caper Sauce
Preparation:

1. In a medium saucepan fitted with a steamer basket, bring 2.5 cm (1 inch) of water to a bowl. Steam broccoli until tender-crisp, 4 to 5 minutes.
2. Transfer broccoli to a serving bowl, cover and set aside.
3. Meanwhile, in a small saucepan over medium heat, melt butter. Add oil and garlic and cook, stirring, for 1 minute. Stir in olives, lemon juice and capers and cook until heated through, 1 to 2 minutes.
4. Pour sauce over reserved broccoli and season with black pepper. Toss well to coat. Makes 4 to 6 servings.

Ingredients:

Broccoli With Lemon, Olive and Caper Sauce
- 1 l (4 cups) fresh broccoli florets
- 5 ml (1 tsp) butter
- 15 ml (1 tbsp) extra-virgin olive oil
- 1 clove garlic, minced
- 50 ml (1/4 cup) sliced kalamata olives
- 45 ml (3 tbsp) lemon juice, or to taste
- 15 ml (1 tbsp) capers, rinsed
- Ground black pepper, to taste

Kids will love yummy Cheeseburger Salad

This mini cheeseburger salad is the perfect tiny treat for your favourite tots. The combination of kid-sized burgers, nutritious veggies and cheese makes a fun and fresh dish that they will not be able to resist.

▶ Mini cheeseburgers and fresh veggies make a fun dish.

Mini Cheeseburger Salad
Preparation:

1. In a bowl, lightly combine beef, breadcrumbs, steak sauce, onion and egg. Lightly fold in shredded cheddar cheese. Gently form into four 2-cm (3/4-inch) thick patties.
2. Grill over medium-high heat on lightly oiled grill for 5 to 7 minutes per side or until digital instant-read thermometer inserted sideways into centre of patty reads 71 C (160 F).
3. Top iceberg lettuce wedges with cooked patties, halved grape tomatoes, shredded cheddar and sliced dill pickles. For salad dressing, combine Thousand Island Dressing with yellow mustard. Makes 4 servings.

Ingredients:

Mini Cheeseburger Salad
- 500 g (1 lb) lean ground beef sirloin or chuck
- 50 ml (1/4 cup) dry breadcrumbs
- 30 ml (2 tbsp) steak sauce
- 1 small onion, finely chopped
- 1 egg, lightly beaten
- 125 ml (1/2 cup) shredded cheddar cheese

Salad
- Iceberg lettuce, grape tomatoes, shredded cheddar cheese, dill pickles

Dressing
- 125 ml (1/2 cup) Thousand Island Dressing
- 50 ml (1/4 cup) yellow mustard

Liquid Assets

Gotta love it

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

With our ties to the United Kingdom and a propensity for apple production you'd think Canadians would drink more cider. Having just been to Ireland, it was hard not to notice its popularity there: what with huge billboards advertising the bigger cider companies all over the country.

What makes its lack of popularity here even stranger is that we're talking fermented apple juice here folks: You couldn't find a more familiar flavour or one that is so food-friendly.

England's Strongbow (500 ml, $2.95 - $3.31) with its light, dry personality and refreshing finish is arguable the most famous cider in the world. That said, Gaymers Original (500 ml, $2.95 - $3.56) — also from England — has been around since 1770. It's slightly sweeter with a nice mature apple character that lingers on the palate.

While these two are huge international brands; regional cider production across Canada is at an all time high. Check out your neighbourhood liquor store or farmer's market to see what unique local styles are available in your area.

Prices reflect the range across the country. Some products may not be available in all provinces.

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Finding friendship in strange places

A program at Indiana University allows medical students to meet the family of the donor they will be working on

THE ASSOCIATED PRESS

▶ Lucas Buchler, left, was among the medical students who ended up forming a friendship with the family of one of the donors he worked on.

Dot Purcell always knew she would donate her body to science. Even when young, the mother of 11, a doctor's daughter, would say, "there's something good in here" that might help others.

Every year, thousands of people donate their bodies to science, becoming an essential part of hands-on medical training.

Donor protocol usually calls for some distance. Which is why the story of what happens at Indiana University Northwest, where Dot's body ended up, is so unusual.

At the tiny medical school, medical students are told the donors' names, given their medical records and encouraged to get to know their families.

So last October, a year after Dot's death at age 86, Her husband, Jim Purcell got a letter from the school. Dot's body, donated to the state anatomical gift association, had been sent to the school, just 15 kilometres from the family's home, and they were invited to meet with the four first-year medical students who would be working on her.

"They have been very thorough in telling me what happened and why, which was very comforting to me."
JIM PURCELL

When the day arrived, there were more than just polite handshakes. The businessman in Jim Purcell approached it like interviewing a job candidate, and he grilled the students.

For first-year medical student Lucas Buchler, it was a genuine desire to help people that made him want to be a doctor. He found Purcell's questions welcoming. "I could tell by how he listened to our answers he had a genuine interest," Buchler said. "It was wonderful for us."

Throughout the semester, while working in the dissection lab, the students kept in touch with the Purcells, gaining an understanding of the family's deep grief while getting to know who Dot was.

She was an uncommon mix of elegant and practical, a buoyant blond who met Jim while they were in college — he at Notre Dame, she at its sister school, St. Mary's College.

She loved books and music, going out on the town with her husband and ice-skating with her kids. She had a great sense of humour, and taught her children to challenge everything.

"We knew right away that they clicked with my mom," Mike Purcell, Dot's youngest son, said.

Buchler, especially, clicked with the Purcells. Since that first meeting, and even after the semester ended, he's been in weekly contact, by email, phone or personal visits, with Jim and Mike. First, it was to fill them in on what he was learning in class; now it's to keep them updated on research he's doing.

Buchler says learning about Dot the person has helped what he's learned in the lab make more sense. THE ASSOCIATED PRESS

Body of knowledge

- The students discovered Dot had a bone abnormality called Charcot foot, which explains why her feet were always so painful and swollen.
- The foot condition is common in diabetes, and Buchler says the knowledge he's gained from Dot will help him treat future patients with the disease.

THE LAWN OF LOVE

How We Met: Jade & Liam

Names: Jade, 25, and Liam, 28

Hometown: Coldstream, B.C.

Together since: 2009

Their story:

▶ Jade and Liam met while cutting grass – and the rest is history.

"I (Liam) met my wonderful princess while working long, hard hours mowing lawns at a prestigious golf resort in Vernon, B.C. Along comes Jade, this petite girl with a resumé, looking for summer work...

It was my second year at the resort, and I knew the work was rough. Along comes Jade, this petite girl with a resumé, looking for summer work. We had an opening for a mower. I didn't think she would last a week, though I hoped she'd be around for the season! I flirted more than train her, and I was soon hooked. She lasted more than a week; more than a month–she made it the entire season! Our days sweating under the hot sun turned into the beginning of a wonderful relationship. A season mowing lawns and half a winter later, we're living together. Jade and I are happy as can be, and we owe it all to cutting grass."

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BABY TALK

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ON MONEY

ALISON GRIFFITHS
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Your family is your most precious asset and you "invest" in the lives of your children by providing love, support, food, clothing, shelter, safety, and education. But, from a financial perspective, children are considered a cost. North American families spend approximately $150,000 to $250,000 to raise one child. This doesn't include post-secondary education, just the costs associated with providing for a child's basic needs until he or she turns eighteen.

But, don't avoid having, adopting, or raising children because of the cost. Just be aware that children require a significant investment of your time, your love, and your dollars. It's easier to provide these things when you're in good financial shape and can afford the time and energy.

Before you get pregnant or sign the adoption papers, prepare yourself for the adjustment. Households that have children spend approximately 20 per cent more than households that don't.

So, if you haven't created a budget, do it! It's important to factor in the increased costs of food, clothing, daycare, RESP contributions, and insurance. And, if you buy a bigger house or car, your payments might be higher. Also investigate what medical expenses you might incur throughout your pregnancy, birth and postpartum, and any related to adoption.

Next, ensure you have a living and working situation that will allow you to make time for your kids. If you're working eighty hours a week, it's going to be hard to make time for your kids. On the other had, can you afford to cut back on hours? Check to see what type of maternity and paternity benefits you're entitled to receive. The government will compensate you somewhat for lost income (servicecanada.gc.ca — select resources for families and children), and sometimes your employer will help as well. But, more often than not, you'll bring home less money than if you worked full time. How will you make up the difference?

Update your will and insurance coverage.

A will is your chance to state what you want to have happen if you or your partner pass away. Insurance coverage helps you to protect your assets in the event that something bad happens.

If you decide to become a parent, have a clear understanding of the financial, physical, and emotional investment you'll make to raise a child.

Any moment now tuition bills are going to hit with a mighty thump. And lots of parents will be wishing they'd contributed more to their kids' RESP, Registered Education Savings Plan.

An RESP is the best deal going. Here's how it works. First comes the child, then you apply for a social insurance number and finally you open an RESP.

You can have individual RESPs for each child but there's no need. Keep it simple smartie! One account is much easier to handle.

The best part is the Canada Education Savings Grant. Most will receive 20 cents on every dollar contributed, up to $2,500 per child annually. You can't beat that return these days.

High income earners will receive a bit less on the first $500 contributed and those with low incomes more. After that the CESG is the same for everyone.

Over the life of the plan, you're allowed to contribute up to $50,000 per child and the Canada Education Savings Grant maxes out at $7,200.

One caution. RESPs are not all the same.

Group RESPs may dazzle with visions of gold when its time for college. However, some of these plans are notorious for high fees and low returns.

Some sales pitches warn that with "other plans" you could lose your RESP contributions if your child doesn't go on to post-secondary studies. Not true.

You can transfer the funds to another child or withdraw contributions though, depending on your income, you may pay tax on interest or capital gains earned inside the RESP. And you will have to pay back the government grant.

I'm a big fan of plain vanilla RESPs, the kind you open at most major financial institutions. Fees are low and your investment options are wide.

Interest rates/ Savings accounts

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Robert Kiyosaki will not attend this event

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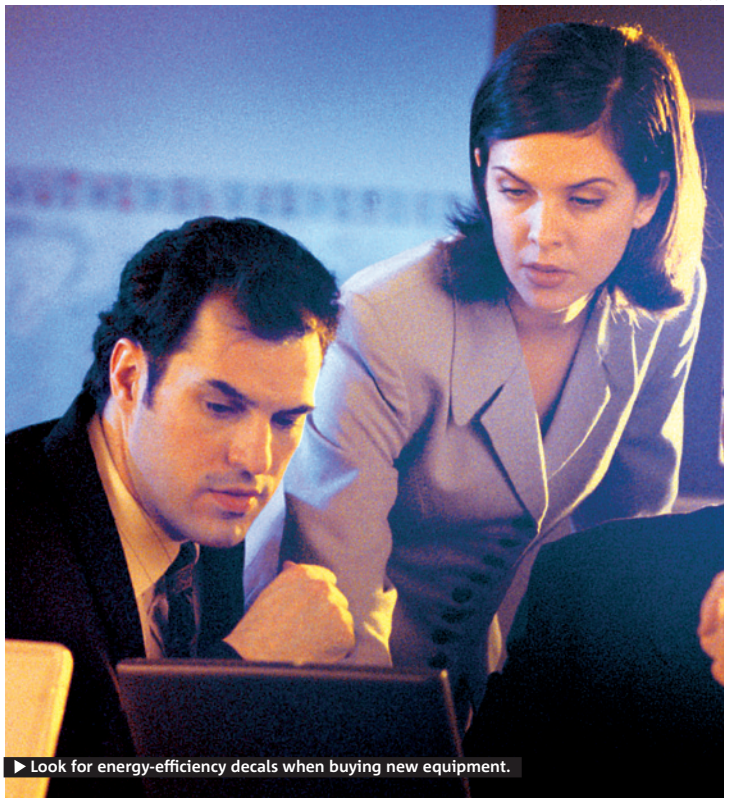

Look for energy-efficiency decals when buying new equipment.

Business offices large and small are joining the eco-responsible tidal wave to reduce, recycle, and reuse.

"Saving electricity in the workplace is a top priority, alongside saving water, reducing waste and curtailing consumption," says corporate president Steve Matyas at Staples Canada, a retailer recognized for a wide range of eco-responsible programs.

"Doing your bit in the office is a big contribution to the health of your community — and to the health of the planet — and making it successful usually requires an enthusiastic plan for all staff to follow," he says.

So here is a handy eco-office checklist, courtesy of Staples Canada:

Heating

- Set temperatures at 19°C year round.
- Don't let heat escape through open doors and windows.
- Move furniture if radiator heat is blocked.
- Set a lower temperature in lesser-used spots like storerooms and corridors.
- Update temperature controls for the time no one is there.
- Repair draughty windows and doors.

Lighting

- Switch off lights in empty rooms and use daylight wherever possible.
- Turn off unnecessary lights around you.
- Use low wattage options. Slim line fluorescent tubes can often be used as direct replacements for older tubes and use 25 per cent less electricity. Compact fluorescent bulbs use 80 per cent less energy than the standard bulb and last 10 times longer.

Electrical Equipment

- Switch computers off when not required, even during lunch.
- Don't leave equipment in the standby mode since it will still use up to 70 per cent of normal power consumption.
- When purchasing new equipment look for energy-efficiency decals.

NEWS CANADA

Water savings

- Turn taps off firmly and fix them if they drip.
- Set water temperatures correctly for hand washing.
- Water should be heated to 60°C to protect against germs, and a recommended blended temperature is 43°C.

ENVIRONMENT

Green products easy on budget

No longer is there a cost-factor when buying eco-specialized products. Now eco-responsible items are good for the planet and sensible for your business budget too.

"The time will soon come when green products are the standard — as most of our products do have some eco-responsible content," says Pete Gibel, VP of Merchandising for Staples Canada.

"No one wants to pollute any more than necessary and small businesses, especially, are leading this charge. This means that keeping the costs attractive is the responsibility of manufacturers and retailers like us."

Here are some of the most popular eco items for business this year:

- HP Laser Jet P2055 Printer: This model, displaying the Eco-Easy decal switches easily between tray printing and front-loading for printing cheques.

A purchase supports the provincial Electronics Recycling Program and Staples Canada has a year-round program to collect empty ink cartridges.

- Printer Paper: Buy 500-sheet packs of Eco-Responsible Copy paper, Multiuse paper or 100% Recycled paper all in the Staples line. It is FSC-certified to support the highest environmental standards set by the Forest Stewardship Council.
- Notebooks: The Bagasse line is made from 80 per cent bagasse, a by-product of sugarcane waste. These notebooks also use eco-conscious vegetable and water-based inks for printing.

NEWS CANADA

THE CITY CAREER EXPO

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Proactivity goes a long way at City Career Expo

Career fair showcases 75 exhibitors But show up with a strategy for success, says event organizer

KEITH CARMAN
WORK@METRONEWS.CA

Be prepared isn't just a catchy motto for youth groups.

It's a mentality vital to landing gainful employ as an estimated 12,000 job-seekers should know before attending — not learn during — Toronto's inaugural The City Career Expo (TCCE) taking place at the Direct Energy Centre on Saturday.

TCCE offers employment insight and opportunities via participation from more than 75 exhibitors, career counsellors, education facilities and training institutes including Bell Canada, CareerBuilder.ca, Metro News, the YMCA of Greater Toronto, Business Canada Ontario, Youth Employment Services, Ryerson University and more.

Together, they provide a vast resource of industries advising on future vocational prospects. Yet much of an individual's destiny relies on preliminary efforts prior to heading out to TCCE as Event Marketing and Operations Manager Jeremy Foreshew says.

"Look at career options you might not normally consider and network with fellow job seekers. You never know what may come out of it."
JEREMY FORESHEW, TCCE

"A little research goes a long way," he says, asserting that demonstrating knowledge, proactivity and an overall positive essence are crucial to landing that gig. "Register for the event in advance and study the list of exhibitors. Check out the job postings on our website (thecitycareerexpo.com)."

Foreshew advocates that in order to put their best foot forward, attendees should have everything including ensemble, resume copies, introductions and follow-ups prepared before setting foot in the fair.

"Dress to impress but not as a carbon copy of everyone else. And remember, you only have a few minutes to sell yourself in conversation with potential employers. Practice your introduction and be confident and concise," he says.

To that extent, show up with a strategy. Prepare to approach top employment choices immediately, then go about exploring options.

Utilize host organizations' spotlight presentations as a means of discovering new avenues, and when conversing with recruiters don't be afraid to shoot pointed questions. The interview process works both ways.

"Ask about the kinds of skills and experience employers are looking for in employees, what the characteristics of their most successful employees are, how to secure a second interview opportunity and what kind of entry-level or internship opportunities exist within the organization," Foreshew adds.

Most importantly, know your stuff. Glean some key facts about potential employers and use that information to demonstrate your acuity of their venture. Finally, make a graceful exit only after offering a resume and obtaining the recruiter's card in order to follow up after the fray.

"Personal thank you notes — not emails — can go a long way and help you stand out in the follow-up process," Foreshew says.

FLICKR: EASTERN WASHINGTON

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- **Time:** 10 a.m. to 7 p.m.
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Artists delve into technology

▶ Using digital media in contemporary art is a sign of the times.

Media culture

- Using the Internet for artistic inspiration is not new, but it's becoming more common and overt.
- Canadian artist Steven Shearer turns images from the Internet into collages.
- What's unique about his work is the exploration of user-generated content, rather than content curated by experts.
- But most artists still prefer to use traditional tools rather than dabble in digital media.
- Painting isn't dead, and classic arts will continue to be prominent.
- But artists are using the Internet to gain ideas.

"Lots of artists are looking at how we gain information, the visual properties of what we consume, and are commenting on that, because it's become part of our every day. It very much affects how we view the world."
GREGORY BURKE, DIRECTOR, POWER PLANT GALLERY

Contemporary artist Steven Shearer mines digital arts web culture for inspiration ◐ Unconventional digital works will represent Canada at next year's Venice Beinnale, a world-famous contemporary art exhibit

Are the fruits of Googling art? Are catalogues of merchandise sold on eBay worthy of a museum?

Surely, many have scoffed at some of the art of Steven Shearer, Canada's representative at next year's Venice Biennale, the world-famous contemporary art exhibit. But experts say his unconventional digital works are an intriguing sign of the times.

Shearer's work includes collages of images taken from the Internet, such as Xmas Trees II, a collection of dozens of photos of Christmas trees, all arranged upside down. Metal Archive Study is a scattering of hundreds of photos of Black Sabbath merchandise taken from eBay.

In describing his work, Shearer has said he is "interested in the times I'm living in and in the way the past echoes in them."

"Artists always use the tools that are of the day — and the Internet is today," said the National Gallery of Canada's senior curator of contemporary art, Josee Drouin-Brisebois, who was part of a committee that chose Shearer to exhibit in Venice.

"There are moments in artistic creation when we see how artists can actually use the tools that are out there. But (they) also make us think about the tools (by) changing them slightly, (influencing) our appreciation or understanding of them."

Drouin-Brisebois said artists' use of the Internet as an influence is not particularly new, although it's now becoming far more common and overt. Shearer's use of digital images is not unlike how artists have used photographs in their art.

"Whether they're images from magazines or images from press clippings or whatnot, I think artists are very interested in media culture and the kinds of images that are out there and how they define us or how they try to define us," she said.

"For me what's interesting is how (Shearer) uses it and just the fact he's compiled these thousands and thousands of images into these archives and seeing how his brain works in terms of the associations that he creates from just these images that are out there."

What's also interesting about Shearer's work is how he's exploring the new digital archives of the Internet, which are often user-created rather than curated by experts, said Gregory Burke, director of the Power Plant gallery in Toronto.

"It's a very different and distinct contribution I think he's making in the way that he's using the Internet and recognizing the Internet as a kind of new form and in many ways a very public form of archive," Burke said.

"He builds up his own kind of files sourced from completely disparate sources from around the world, of different kinds of actions people are doing (online)."

University of Toronto lecturer Tracey Bowen has researched and written about art in today's digital world and believes we're still far, far off from seeing artists dabbling more with digital work than using traditional tools.

"It's the same as when photography came along all those years ago there were people saying, 'Oh, well, painting is dead.' In the same way that the Internet has come along, painting is not dead. These kinds of classic arts are still very prominent in what we see," Bowen said.

Burke doesn't think the Internet will overtake traditional galleries and museums any time soon as the primary exhibit space for art, even digital art.

"Many find it limiting just to work in the virtual world and they want to bring whatever they create through technology into a gallery situation in some way," he said.

THE CANADIAN PRESS

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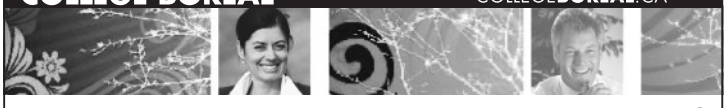

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4 sports

Sports in brief

1 Allen Iverson is considering playing in China.

2 A league source requesting anonymity said Eric Tillman has officially been hired as the new general manager of the Edmonton Eskimos.

3 Deion Sanders is among the first-year eligible candidates for the Pro Football Hall of Fame.

METRO NEWS SERVICES

Scan code for more sports

Kovalchuk's cost goes up

Devils lose two draft picks and fined $3 million US for circumvention of CBA Team disagrees with NHL's ruling, has chance to appeal

JIM MCISAAC/GETTY IMAGES

Ilya Kovalchuk celebrates a goal with his Devils teammates.

The cost of signing Ilya Kovalchuk ended up being far more than the New Jersey Devils could ever have imagined.

A saga that dragged through the summer had one final twist last night as the NHL came down hard on the Devils for trying to circumvent the salary cap. The league handed the team a $3-million US fine and docked it two high draft choices.

The punishment stems from the Kovalchuk contract that was submitted to the league in July.

Arbitrator Richard Bloch ruled the $102-million, 17-year deal was an attempt to get around the salary cap. The contract was to last until Kovalchuk's 44th birthday and featured a number of years at a reduced salary towards the end.

As a result, the Devils will pay a hefty fine and forfeit their third-round draft pick in 2011 and a first-round selection in one of the next four drafts. New Jersey has the option to choose which draft.

The team has maintained it never intentionally tried to get around the salary cap and reiterated that stance in the wake of yesterday's announcement. The Devils have the right to appeal the punishment to the NHL's board of governors — who meet today in New York — but it wasn't immediately clear if they intended to do so.

"We were today advised of the ruling by the commissioner with respect to the Kovalchuk matter," Devils general manager Lou Lamoriello said in a statement. "We disagree with the decision. We acted in good faith and did nothing wrong. We will have no further comment."

In issuing its ruling, the NHL said it considers the matter closed.

THE CANADIAN PRESS

Heavy price

The punishment handed down yesterday is the stiffest the league has dished out since the salary cap was instituted coming out of the 2004-05 lockout.

Jays add to their front office

"Jay's got a lot of experience in (contract negotiations) and he's going to free me up a lot."

BLUE JAYS GM ALEX ANTHOPOULOS ON HIS NEW ASSISTANT GM'S ROLE WITH THE TEAM

The Toronto Blue Jays beefed up their front office yesterday by hiring Washington Nationals executive Jay Sartori as their new assistant general manager.

The move is a promotion for the 31-year-old, who had been director, baseball operations for the Nationals.

Prior to joining Washington, he spent four years as manager of salary and management administration in Major League Baseball's Labour Relations Department.

He provided advice and interpretations on the collective bargaining agreement and contract issues to all 30 teams, developing an expert knowledge of salary arbitration and draft bonus recommendations.

Sartori holds a finance and management information systems degree from Boston College and worked in the investment banking industry before joining MLB.

THE CANADIAN PRESS

Kadri expected to be on ice tonight

Nazem Kadri is expected back in a Toronto Maple Leafs uniform when they wrap up their rookie tournament tonight.

The team's highest-profile prospect sat out Sunday's game after experiencing some discomfort in his hip. But Toronto Marlies coach Dallas Eakins, who is in charge of the organization's rookie team, isn't concerned about the 19-year-old centre.

"His hip flexor is such a minor deal it's not even worth talking about," Eakins said yesterday. "Back-to-back (games), we didn't want to push it any further — nor would we do that with any of our players. He's scheduled to play tomorrow night."

The Leafs will wrap up the rookie tournament with a game against the Ottawa Senators tonight.

Kadri, who was selected seventh overall by Toronto in 2009, has generated plenty of interest while participating in an event being held at the arena where he spent two years as a star player with the OHL's London Knights. The Leafs have been doing their best to keep him out of the spotlight — not making him available for interviews Sunday or yesterday.

"I think he's going to be a focus because he's our first-round pick and you guys are going to ask him the same questions over and over every day," said Eakins. "It gets tiresome for a player. We just want to kind of keep him away from that for a couple days.

"Believe me, there's probably at least 50 guys coming to (training) camp. There's going to be other players that challenge him and challenge our NHL guys for spots — you should probably go try to find them and seek them out."

THE CANADIAN PRESS

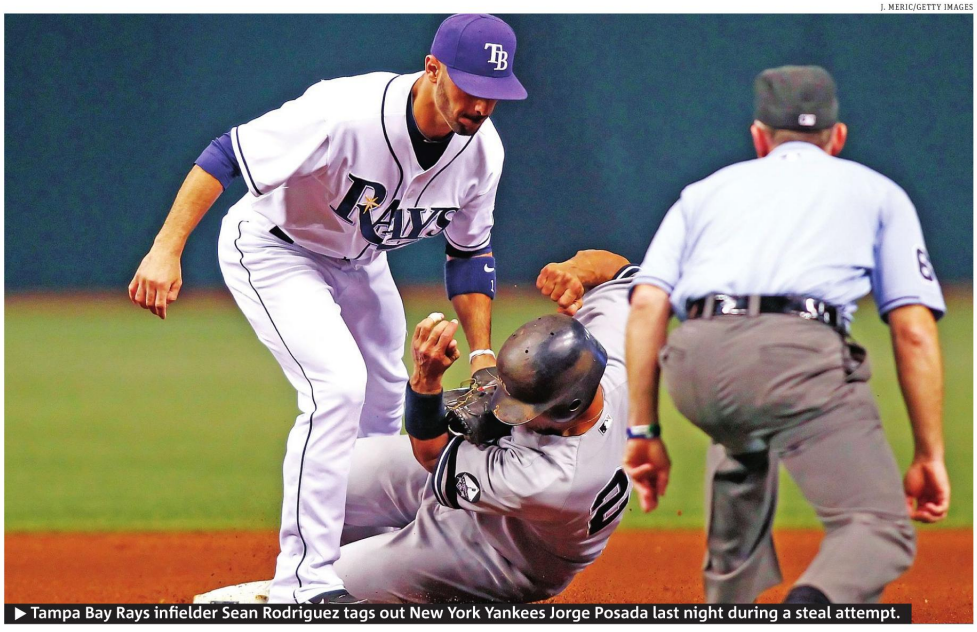
GEOFF ROBINS/TORSTAR NEWS SERVICE

Nazem Kadri

Maddon, Rays striving for division crown

- With playoff berth all but assured, Rays won't stay complacent
- AL East club wants to beat out Yankees for top spot in division

J. MERIC/GETTY IMAGES



▶ Tampa Bay Rays infielder Sean Rodriguez tags out New York Yankees Jorge Posada last night during a steal attempt.

The American League East crown may be up for grabs, but barring an epic collapse, both the Tampa Bay Rays and New York Yankees are going to the playoffs next month.

While that simple fact may have removed some of the drama from the seven remaining regular-season games the two rivals are to play against each other, starting last night in St. Petersburg, Fla., it hasn't changed any of the incentive for Rays manager Joe Maddon.

He badly wants to win the division and has no intention of letting up to settle for the wild card.

"My internal combustion system on a daily basis feels a very strong urge to win all these games," Maddon said over the weekend in Toronto. "I truly believe winning your division is the ultimate goal. You want to win your division first and reap the benefits of that afterwards.

"We've played much better on the road, but I'd much prefer if we get into the playoffs to start at home and have some kind of home-field advantage."

The Rays won the AL East in 2008 when they made their only other post-season appearance, and it paid off when they needed a seventh game to knock off the division rival Boston Red Sox in the American League Championship series.

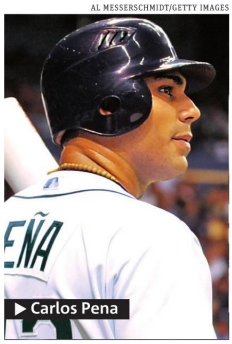
"Nobody's worried about yesterday, whether you got your butt kicked or lost by one."
JOE MADDON, ON THE POST-SEASON

This week's series, and the four-gamer in New York next week, may very well be a prelude to this year's ALCS, so neither team will want to give an inch beforehand, even though the slate is essentially wiped clean once the post-season begins.

"When you get to that point, every game is so involved, it's just different, I just don't know that there's any advantage gained," said Maddon.

THE CANADIAN PRESS

AL MESSERSCHMIDT/GETTY IMAGES



▶ Carlos Pena

With possible changes coming, could this be Rays last chance?

There could be some extra motivation for the Rays, who may look very different next year.

Superstar left-fielder Carl Crawford, first baseman Carlos Pena, closer Rafael Soriano, outfielder Gabe Kapler and relievers Grant Balfour and Randy Choate are all eligible for free agency, and may be out of the budget-conscious Rays' price range.

This could be this core's last shot together.

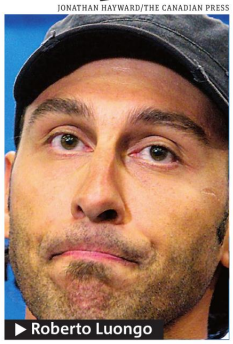
"It's there, it's definitely a subplot, it's in the background," said manager Joe Maddon. "I also believe in our system and the way we do things.

"So I'd like to believe next year, regardless of who may move on and who may stay, that with the system we have in place, the guys we have coming along and the creativity of our front office, we're going to be in good shape."

THE CANADIAN PRESS

Luongo gives up captaincy

JONATHAN HAYWARD/THE CANADIAN PRESS



▶ Roberto Luongo

The Vancouver Canucks experiment of having goaltender Roberto Luongo as team captain is over.

Luongo has decided to relinquish the 'C' and the pressures that go with being captain of an NHL team in a Canadian city.

"He confirmed last night and said he'd rather just focus on stopping the puck," Mike Gillis, the Canucks general manager, said yesterday.

"He's going to continue with all the leadership stuff he did before, but not have the same sort of expectations with the media on game days that has happened the last couple of years. He's focused on trying to win a Stanley Cup and feels this is in the best interests of the team."

A relaxed-looking Luongo said the decision was his and his alone.

"I never felt pressure to either give it up or keep it," he told reporters in Vancouver.

"I think I can put something less on my plate. The less distractions as a goaltender (the better). It's a weird position. You are on your own. You have to be focused all the time and thinking about your job.

"For me, taking a step back, putting my entire focus on that is more important at the end of the day. Winning a championship for this team (is more important) than being captain."

The Canucks will name a new captain before the start of the regular season.

Centre Henrik Sedin, who won the NHL scoring title last season and was named league MVP, is a possible replacement for Luongo.

The Canucks broke tradition, and NHL rules, when they named Luongo the first goaltender in 60 years to be captain prior to the 2008-09 season.

Hockey purists criticized the decision from the start.

THE CANADIAN PRESS

Next captain

- Mike Gillis said "no one is a shoe-in" for the captain's job.
- Besides Henrik Sedin, other candidates could be his twin brother Daniel, or rugged forward Ryan Kesler.

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Ravens steal the show

JIM MCISAAC/GETTY IMAGES

▶ Ray Lewis

The Baltimore Ravens gave the New York Jets some hard knocks — real ones.

The Jets intrigued audiences in the preseason with their no-holds-barred, behind-the-scenes TV show, but it was the Ravens who grabbed the spotlight last night. They held New York to 176 yards, allowed Mark Sanchez just 74 yards passing and kept Rex Ryan's crew out of the end zone as they won 10-9.

10	9
RAVENS	JETS

For those urging the Jets to put up or shut up, well, it was Baltimore that produced most of the highlights in a sloppy opener of New York's new home. The $1.6 billion US New Meadowlands Stadium rocked with J-E-T-S chants, then the Ravens rocked Ryan's defence with enough big plays to silence the crowd of 78,127.

Billy Cundiff's 25-yard field goal in the third quarter provided the winning points, with Anquan Boldin, Baltimore's main off-season acquisition, gaining 65 yards on two passes against first-round draft pick Kyle Wilson.

THE ASSOCIATED PRESS

Nadal finally conquers U.S.

Spanish star has already won every other Grand Slam event
Djokovic falls in four sets

AL BELLO/GETTY IMAGES

▶ Rafael Nadal falls to his knees in celebration.

The list was long. Everyone, even Rafael Nadal himself, tried to explain why he kept leaving the U.S. Open without a trophy, why it was the only Grand Slam tournament he hadn't conquered.

His grinding style exhausts him. The wind plays havoc with his spin-lathered strokes. The courts are too hard and too fast. The balls are too soft. And so on.

Two marvellous, nearly perfect weeks — and one thrilling victory in a tight final — make that all sound rather silly.

Nadal won his first U.S. Open title yesterday to complete a career Grand Slam, beating Novak Djokovic 6-4, 5-7, 6-4, 6-2 in a match filled with fantastic shotmaking by both men and interrupted by a thunderstorm a day after it was postponed by rain.

It's Nadal's third consecutive major championship and ninth overall.

He is the seventh man in tennis history with at least one title from each Grand Slam tournament.

Rain pushed the men's final from Sunday to Monday for the third consecutive year, and play was interrupted for nearly two hours during the second set. When they resumed, Djokovic took that set, the only one Nadal lost in the tournament.

But the No. 1-ranked Spaniard quickly took a lead in the third set and never let it go. Viewed for quite some time as Roger Federer's nemesis, Nadal now has made his own greatness quite clear.

He stretched his Grand Slam winning streak to 21 matches by adding the U.S. Open to his titles at the French Open in June, then Wimbledon in July. No man had won those three tournaments in the same year since Rod Laver won a true Grand Slam in 1969.

THE ASSOCIATED PRESS

It takes a while, but O's end losing skid

4	3
ORIOLES	BLUE JAYS

Luke Scott singled in the winning run in the 11th inning, and the Baltimore Orioles ended a 12-game losing streak against the Toronto Blue Jays with a 4-3 victory last night.

Brian Roberts homered for the Orioles, now 1-12 against Toronto this season. Those 12 losses came before manager Buck Showalter arrived in Baltimore and rejuvenated a 32-73 team that has gone 24-15 since his debut on Aug. 3.

Edwin Encarnacion homered for the Blue Jays, extending Toronto's streak of successive games with a home run to 15.

The game attracted a meagre crowd of 9,882, in part because it was played while the Baltimore Ravens faced the New York Jets in a televised NFL game.

THE ASSOCIATED PRESS

Drabek watch

- Kyle Drabek joined Toronto in anticipation of his major league debut tomorrow night against the Orioles.
- "The consistency with my delivery has come a long way," Drabek said. "Everything is the same. I'm not tipping my pitches."

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
TAMPA BAY	87	56	.608	-
NEW YORK	87	57	.604	.5
BOSTON	79	64	.552	8
TORONTO	73	71	.507	14.5
BALTIMORE	56	88	.389	31.5

AL CENTRAL

	W	L	Pct	GB
MINNESOTA	85	58	.594	-
CHICAGO	79	64	.552	6
DETROIT	72	72	.500	13.5
CLEVELAND	58	85	.406	27
KANSAS CITY	58	85	.406	27

AL WEST

	W	L	Pct	GB
TEXAS	80	63	.559	-
OAKLAND	72	71	.503	8
LOS ANGELES	70	73	.490	10
SEATTLE	55	88	.385	25

Yesterday's AL results

Baltimore 4 Toronto 3 (11 ings)
Oakland 3 Kansas City 1
Tampa Bay 1 N.Y. Yankees 0 (11 ings)
Boston at Seattle

Today's AL games

L.A. Angels at Cleveland, 7:05 p.m.
Toronto at Baltimore, 7:05 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Detroit at Texas, 8:05 p.m.
Minnesota at Chicago White Sox, 8:10 p.m.
Oakland at Kansas City, 8:10 p.m.
Boston at Seattle, 10:10 p.m.

NL EAST

	W	L	Pct	GB
PHILADELPHIA	84	61	.579	-
ATLANTA	83	62	.572	1
FLORIDA	73	70	.510	10
NEW YORK	71	73	.493	12.5
WASHINGTON	60	84	.417	23.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	82	62	.569	-
ST. LOUIS	74	67	.525	6.5
HOUSTON	69	75	.479	13
MILWAUKEE	66	77	.462	15.5
CHICAGO	62	81	.434	19.5
PITTSBURGH	48	95	.336	33.5

NL WEST

	W	L	Pct	GB
SAN DIEGO	80	62	.563	-
SAN FRANCISCO	81	63	.563	-
COLORADO	79	64	.552	1.5
LOS ANGELES	71	73	.493	10
ARIZONA	57	87	.396	24

Yesterday's NL results

Atlanta 4 Washington 0
Cincinnati 7 Arizona 2
Houston 4 Milwaukee 2
N.Y. Mets 1 Pittsburgh 0 (10 ings)
Philadelphia 11 Florida 4
Chicago Cubs at St. Louis
San Diego at Colorado

Today's NL games

Arizona at Cincinnati, 7:10 p.m.
Philadelphia at Florida, 7:10 p.m.
Pittsburgh at N.Y. Mets, 7:10 p.m.
Washington at Atlanta, 7:10 p.m.
Milwaukee at Houston, 8:05 p.m.
Chicago Cubs at St. Louis, 8:15 p.m.
San Diego at Colorado, 8:40 p.m.
L.A. Dodgers at San Francisco, 10:15 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	10	7	3	0	313	237	14
HAMILTON	10	5	5	0	235	255	10
TORONTO	10	5	5	0	220	280	10
WINNIPEG	10	3	7	0	278	273	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
CALGARY	10	9	1	0	359	202	16
SASK.	10	6	4	0	278	267	12
B.C.	10	3	7	0	245	260	6
EDMONTON	10	2	8	0	187	341	4

Friday's game

Calgary at Saskatchewan, 9 p.m.

Saturday's game

Hamilton at B.C., 10 p.m.

Sunday's games

Winnipeg at Toronto, 1 p.m.
Edmonton at Montreal, 4 p.m.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	PCT.	PF	PA
MIAMI	1	0	0	1.000	15	10
NEW ENG.	1	0	0	1.000	38	24
BUFFALO	0	1	0	.000	10	15
N.Y. JETS	0	1	0	.000	9	10

SOUTH

	W	L	T	PCT.	PF	PA
HOUSTON	1	0	0	1.000	34	24
J'VILLE	1	0	0	1.000	24	17
TENNESSEE	1	0	0	1.000	38	13
INDIANA.	0	1	0	.000	24	34

NORTH

	W	L	T	PCT.	PF	PA
BALTIMORE	1	0	0	1.000	10	9
PITTSBURGH	1	0	0	1.000	15	9
CINCINNATI	0	1	0	.000	24	38
CLEVELAND	0	1	0	.000	14	17

WEST

	W	L	T	PCT.	PF	PA
KANSAS CITY	0	0	0	.000	0	0
SAN DIEGO	0	0	0	.000	0	0
DENVER	0	1	0	.000	17	24
OAKLAND	0	1	0	.000	13	38

NATIONAL CONFERENCE

EAST

	W	L	T	PCT.	PF	PA
WASH.	1	0	0	1.000	13	7
N.Y. GIANTS	1	0	0	1.000	31	18
DALLAS	0	1	0	.000	7	13
PHILA.	0	1	0	.000	20	27

SOUTH

	W	L	T	PCT.	PF	PA
NEW ORL.	1	0	0	1.000	14	9
TAMPA BAY	1	0	0	1.000	17	14
ATLANTA	0	1	0	.000	9	15
CAROLINA	0	1	0	.000	18	31

NORTH

	W	L	T	PCT.	PF	PA
CHICAGO	1	0	0	1.000	19	14
GREEN BAY	1	0	0	1.000	27	20
DETROIT	0	1	0	.000	14	19
MINNESOTA	0	1	0	.000	9	14

WEST

	W	L	T	PCT.	PF	PA
ARIZONA	1	0	0	1.000	17	13
SEATTLE	1	0	0	1.000	31	6
SAN FRAN.	0	1	0	.000	6	31
ST. LOUIS	0	1	0	.000	13	17

Yesterday's results

Baltimore 10 N.Y. Jets 9
San Diego at Kansas City

THIS DAY IN SPORTS

Sept. 14

1923 - Jack Dempsey knocks out Luis Firpo in the second round for his last successful defence of his world heavyweight title, at Madison Square Garden in New York.

2003 - Jamal Lewis rushes for an NFL-record 295 yards on 30 carries in Baltimore's 33-13 victory over Cleveland. Lewis, who scored two TDs and averaged 9.8 yards, shatters the single-game mark of 278 held by Cincinnati's Corey Dillon.

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TORONTO CENTRAL					
YONGE ST & LAWRENCE	3000 Yonge St	Bachelor from $835	1 Bd from $1050	2 bd from $1375	416-529-1697	One month free on select suites
AVENUE/ST.CLAIR	425 Avenue Rd	Bachelor Apartments from $825	1 Bd from $1065		416-925-5857	One month free on select suites
NORTH YORK					
KEELE & LAWRENCE	2050 Keele St	Jr 1 Bd from $795	1 Bd from $835	2 Bd from $995	3 Bd from $1200	416-529-3867
JANE & LAWRENCE	1755 Jane St	Jr 1 Bd from $775	1 Bdrms from $825	2 Bdrms from $975	416- 529-8964	Ask about our 1st mth free move in incentive
BATHURST & STEELES	6000 Bathurst	Bach from $875	1 Bd from $1025	2 Bd from $1150	3 Bd from $1400	416-661-7379

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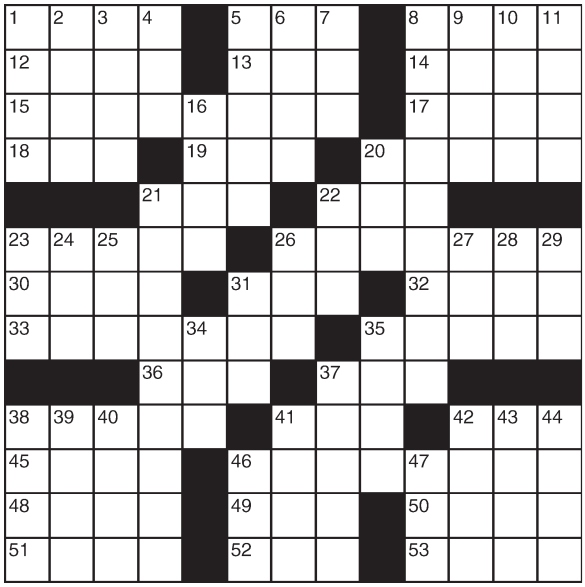
Crossword



Across

1 50 per cent
5 Old airline letters
8 Church section
12 Needle case
13 Charged particle
14 Manhandle
15 Thyme partner
17 Tarzan's clique
18 Make a choice
19 Branch
20 Fad
21 Secretive org.
22 21-Across employee
23 Piece of information
26 Big fans
30 Responsibility
31 Whammy
32 Actress Turner
33 A power of two
35 Swell
36 Rowing prop
37 "Mayday!"
38 "Danaë" painter Gustav
41 Urban transport
42 Tackle the slopes
45 Houston acronym
46 Its motto is "Manly deeds, womanly words"
48 Eastern potentate
49 Work unit
50 Actor Jannings
51 Simple
52 Tiny
53 Apportion (out)

Down

1 Medal earner
2 On
3 A deadly sin
4 "Curse you!"
5 Pageant winner's crown
6 Apple dweller?
7 Whatever number
8 Autumn bloom
9 One of the Three Bears
10 Mideast canal
11 Otherwise
16 Cripple
20 Bookkeeper (Abbr.)
21 Typical
22 Gender
23 — and don'ts
24 Blackbird
25 "Monkey suit"
26 Buddhist sect
27 Lummox
28 Stick with a kick
29 Put into words
31 That woman
34 Dine
35 Inquisitive
37 Power glitch
38 Elbow counterpart
39 Dalai —
40 Wife of Osiris
41 Undraped
42 Unaltered
43 Wield needles
44 Between jobs
46 Kitten's call
47 Moon vehicle

▶ Yesterday's answer

W	A	S			E	L	F		B	A	B	A
A	C	T	S		A	I	R		I	C	O	N
T	H	O	U		T	E	A		R	E	A	D
T	E	P	I	D		U	N	I	T			
			T	U	B		C	O	H	E	R	E
P	R	A	Y	E	R	S		U	D	D	E	R
L	O	B	O		A	I	M		A	G	A	R
U	S	E	U	P		P	L	A	Y	E	R	S
S	A	T	R	A	P		B	U	S			
			S	T	U	N		K	U	D	O	S
A	L	O	E		L	O	G		I	O	T	A
S	O	U	L		S	E	E		T	U	T	U
S	U	R	F		E	L	M			P	O	L

Sudoku

	5		1					
		4		6				5
		1		7	8	2	9	
		8						1
	3	7		8		9	2	
2						4		
	8	6	3	4		1		
5				9		6		
					2		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	2	7	1	8	3	6	4	9
9	6	4	5	7	2	3	8	1
3	8	1	6	4	9	2	7	5
2	3	8	9	6	7	1	5	4
1	4	9	8	2	5	7	3	6
6	7	5	4	3	1	9	2	8
8	9	3	7	1	4	5	6	2
4	1	2	3	5	6	8	9	7
7	5	6	2	9	8	4	1	3

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my dearest Helen, you are simply amazing. I love the way you smile, and how warm your heart is. I will always love you each and everyday. Muah, you are beautiful. I love you.
CURTIS

To my one and only Dee bear. Your unique cheeks and smile are all I need to brighten up my day.
LOVE ALWAYS, EVAN XX.

Chippster, I'm in love with you. This could be way too late, or you could just never see it. Its a chance I'm willing to take. Your my heart. Was I yours?
YOUR WS, XOXO

I love you my handsome monkey angel without wings! I cannot wait to marry you! All my love forever,
GORGEOUS

Today 19°/9° Variable
Wednesday 17°/9° Variable
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Your current situation may look chaotic but if you stand back and look at it from a distance you should be able to see a pattern beginning to emerge.

♉ Taurus April 21-May 21 The more you are on the move today the more likely it is you will find something worth knowing. If you can, take a friend along for the ride. What you discover together will double if not triple the benefits.

♊ Gemini May 22-June 21 You will get your way today, of that there is no doubt, but be careful that in getting your way you don't turn someone against you who really should have been on your side. Make allies, not enemies.

♋ Cancer June 22-July 22 If you have not done so already you should be making plans for the next week or so, and the bigger those plans are the better.

♌ Leo July 23-Aug.23 Don't worry if you are being held back by circumstances beyond your control because in a matter of days it won't matter any more. What seems such a big deal now is of no real consequence, so lighten up, and laugh again.

♍ Virgo Aug. 24- Sept. 22 You will start to believe that anything is possible — and you're right, it is. For too long you have let negative thoughts hold you back. Now be positive in everything you do.

♎ Libra Sept. 23-Oct. 23 Your energy may dip a little today but that is not an excuse to do less. It may take more of an effort and a bit more time to reach your goals but you will reach them all the same.

♏ Scorpio Oct. 24-Nov. 22 What changes can you make to bring more excitement and success into your life? You have the power to do as you please. Do only what pleases you.

♐ Sagittarius Nov. 23-Dec. 21 Don't focus on one thing to the exclusion of everything else today or you may miss out on the kind of opportunity that comes around only once in a lifetime. Keep your eyes and ears open, and be ready to act fast.

♑ Capricorn Dec. 22-Jan. 20 Listening is twice as important as talking and if you listen hard today you will hear something to your advantage. It may be something you are not supposed to know.

♒ Aquarius Jan. 21-Feb. 18 You are fired up with ambition and eager to show those around you what you can do. What is it you would like to change most in the world? Start changing it today.

♓ Pisces Feb. 19-March 20 You may be tempted to make big claims for yourself today, which could lead to problems later on when others discover that your experience is actually quite limited.
SALLY BROMPTON

Caption contest

CHARLES KRUPAR/THE ASSOCIATED PRESS

WIN!

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Holguin

Playa Costa Verde • 4★
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$279
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Departure tax: 25 CUC cash, paid locally

Varadero

Sirenis La Salina Varadero Beach Resort • 4★
All-Inclusive • Standard rm.
Oct. 2, 3, 9 & 10 • 1 wk.
$499
+Taxes & other fees (including service charges): $233
Departure tax: 25 CUC cash, paid locally

NASSAU

Sheraton Nassau Beach Resort • 4★
Nov. 2 & 9 • 4 nts.
4th night FREE
$300 instant savings per rm.[1]
$749
+Taxes & other fees (including service charges): $105

GRAND CAYMAN

Comfort Suites & Resort • 3★
Continental breakfast
Nov. 10, 17 & 24 • 1 wk.
$989
+Taxes & other fees (including service charges): $201

DOMINICAN REPUBLIC

Samana

Gran Bahia Principe El Portillo • 4 1/2★
All-Inclusive • Standard rm.
Sept. 19 & 26 • 1 wk.
PRIVILEGES
$479
+Taxes & other fees (including service charges): $316

Grand Paradise Samana • 3 1/2★
All-Inclusive
Superior garden rm.
Nov. 7 – Dec. 12 • 1 wk.
$699
+Taxes & other fees (including service charges): $316

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive
Junior suite
Oct. 1 – 3 & 5 – 8 • 1 wk.
PRIVILEGES
$799
+Taxes & other fees (including service charges): $286
Please add $50 for Sat. & Sun. departures

BAHAMAS

Great Exuma

Grande Isle Resort & Spa • 4★
Continental breakfast
One-Bedroom villa garden view
Oct. 3 – 24 • 1 wk.
$1199
+Taxes & other fees (including service charges): $207

MEXICO

Cancun/Riviera Maya

Occidental Grand Xcaret • 4 1/2★
All-Inclusive • Deluxe rm.
Nov. 18 • 1 wk.
$729
+Taxes & other fees (including service charges): $296

Puerto Vallarta/ Riviera Nayarit

Barceló Puerto Vallarta • 4★
All-Inclusive
Junior suite deluxe rm.
Nov. 13 & 20 • 1 wk.
$1199
+Taxes & other fees (including service charges): $288

ST. MARTIN/ST. MAARTEN

Le Flamboyant Hotel & Resort • 3 1/2★
Buffet breakfast
Standard garden view rm.
Jan. 1, 8, 15, 22 & 29 • 1 wk.
$1139
+Taxes & other fees (including service charges): $238

SAINT LUCIA

The Village Inn & Spa • 3★
All-Inclusive • Standard rm.
Oct. 2 – 30 • 1 wk.
$1239
+Taxes & other fees (including service charges): $232

USA

LAS VEGAS

Flamingo Las Vegas • 3 1/2★
Deluxe rm. - promo savings
Nov. 9 & 16 • 3 nts.
$519
+Taxes & other fees (including service charges): $162

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Southern Caribbean Cruise
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